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LUNCH RUSH
THIS KOREAN EATERY WILL HAVE YOU WANTING MORE {page 40}

JERKS AT WORK MAKE THE BIG BUCKS

{page 43}

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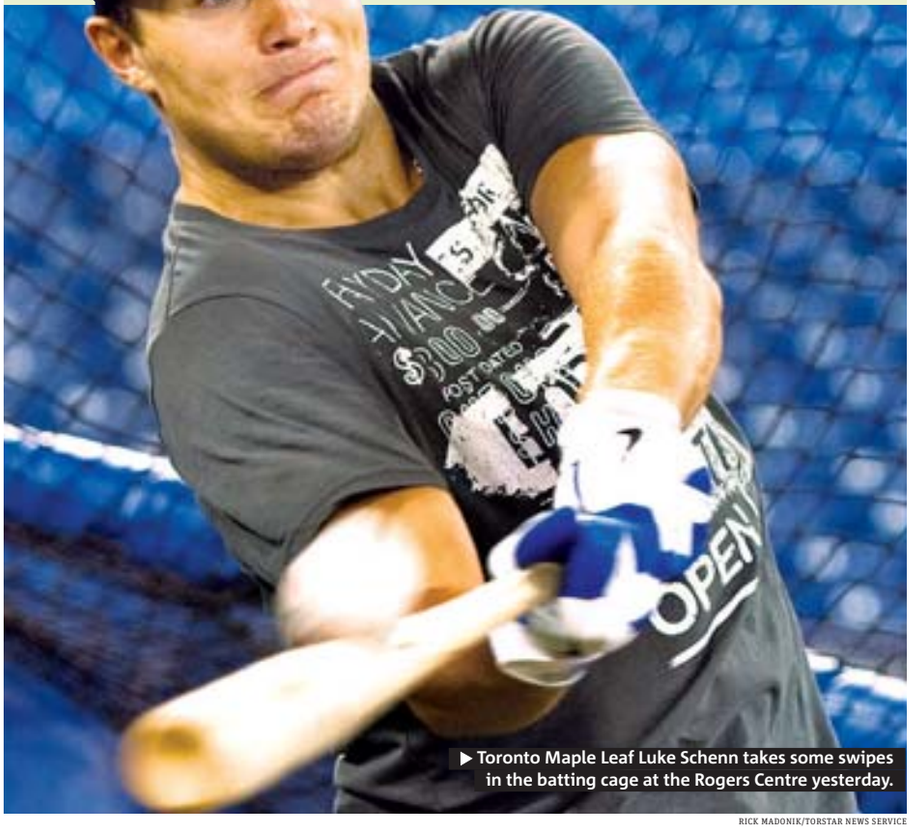

▶ Toronto Maple Leaf Luke Schenn takes some swipes in the batting cage at the Rogers Centre yesterday.

RICK MADONIK/TORSTAR NEWS SERVICE

Trading hockey sticks for baseball bats

The key to the whole afternoon was hitting a home run. Not an easy proposition for over a dozen NHLers taking some swings in the Jays batting cage at the Rogers Centre yesterday afternoon. A number of Jays, including Brett Lawrie, JP Arencibia and Jose Bautista were also around. Other NHLers swinging bats included former Leaf Nik Antropov and Leaf sniper Phil Kessel.

Pay now, live later

A new poll finds most of us are carrying debt much longer than expected

If experience is any indication, many Canadians could find themselves in debt years longer than they originally expected, according to a new poll issued yesterday by CIBC.

The poll, conducted for CIBC by Harris-Decima, reveals that, on average, Canadians holding some form of debt today feel they will be debt-free by age 55.

But the poll also found that only about 35 per cent of Canadians currently in the 55-to-64 age group are actually debt-free.

The findings appeared to hold true for all age groups polled.

For example, Canadians 25 to 34 on average told the pollsters they expected to be debt-free by age 44. However, the poll found that only 18 per cent of those now in the 45-to-54 age group were, in fact, debt-free.

"Being debt-free is a long-term financial goal for many Canadians, and this poll suggests Canadians are actively looking ahead to the stage of life they will be in when they successfully pay off all of their debt," said Christina Kramer, an executive with CIBC.

"The passage of time alone is not enough to achieve the goal of paying down your debt. Canadians with a goal of being debt-free would benefit from having a realistic plan in place that includes extra payments towards their debt and a strategy to minimize their interest costs."
CHRISTINA KRAMER, EXECUTIVE WITH CIBC

She notes, however, that this disparity between expectations and results suggests that Canadians need to remain focused on a debt repayment strategy.

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Provincial. Election

▶ The start of the provincial campaign is still a week away, but Progressive Conservative Leader Tim Hudak is getting a head start. Hudak was joined by his caucus and candidates in Toronto on Ontario Street to unveil his campaign bus and to announce he's hitting the road as he tries to convince Ontarians he should be the next premier. The official campaign season is not supposed to start until next week.

AARON VINCENT ELKAIM/THE CANADIAN PRESS

The wheels on this campaign are already going round

Pulling together for big magnet

Ajax, Pickering communities rally to raise millions to buy their hospital a much-needed MRI

They baked cupcakes, tended bar, drank tea, decorated doors, filled firefighters' boots, jumped in the lake (in January), auctioned off purses, golfed and golfed some more.

And now the magnetic resonance imaging (MRI) scanner that Pickering and Ajax residents raised millions to buy has arrived, paraded triumphantly to its new home yesterday morning by cheerleaders, police and dignitaries.

Loaded onto a flatbed trailer in crates, the $5 million machine travelled from Toronto to Rouge Valley Ajax and Pickering hospital on Harwood Avenue South. A crowd of hospital workers, politicians and residents cheered as the truck and a float flying giant pom-poms pulled up to a 25-metre paper chain across the driveway.

"It's our five-tonne baby," says a thrilled Tracy Paterson, vice-president of community development, who directed the Image is Everything fundraising campaign.

TORSTAR NEWS SERVICE

▶ Crews work to move the MRI, delivered yesterday.

The massive magnet that is the heart of the machine was hoisted by crane through a hole in the wall of the hospital's newly expanded diagnostic imaging centre.

Once it's up and running in a month's time, patients will no longer have to travel to Toronto, Oshawa or Cobourg to get a clear, detailed image of their body. The scanner will be used for everything from cancer and orthopedics to stroke and injuries.

In a marathon 15-month effort, the community raised an astounding $2 million. "I've never really known anything quite like it for people calling up and saying 'boy, we really need this and how can I help?'" Paterson says.

Large gifts, including $500,000 each from the town of Ajax and city of Pickering, generated another $2 million, leaving $1 million still to raise.

Community spirit spread "like wildfire" after the kickoff in June last year, Lucy Stocco, volunteer chair of the campaign, says. Something to do with the scanner's magnetic personality, perhaps.

TORSTAR NEWS SERVICE

1 news

School is never out and school is never in for growing number of kids who are 'unschoolers'. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

The Canadian widow of Flight 93 co-pilot says the revolt against 9/11 hijackers began in the cockpit. Video at metronews.ca

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Parents carry on dead son's fight

David Smyth died last year from leukemia Parents keep spotlight on Canada's lean donor database

Kim and Mike Smyth say David, their 20-year-old son, was "one heck of a special fella."

Last summer, as David lay in a bed at Hamilton's McMaster University Hospital growing frailer each day while fighting leukemia and waiting for a bone marrow match, he realized how lean the Canadian donor database is.

He decided to highlight it and in the next few days, he let a stream of reporters in his room and answered questions even as he struggled with infections and acute pain. David died on Sept. 3, 2010.

"He told us his goal was to see that this doesn't happen to anyone else," says Kim. "That there is a decent bone marrow donor database in Canada ... so that people have a fighting chance."

In the past year, the Smyths have gone to the House of Commons and Queen's Park and organized camps in David's honour to keep highlighting the issue. Canada's bone marrow database was at 240,000 last year and is now at about 300,000.

TORSTAR NEWS SERVICE

Finding a donor

- The donor test involves a simple cheek swab.
- Results are uploaded to Bone Marrow Donors Worldwide, a database of more than 14 million potential stem cell donors.
- When a match is found, the donor's stem cells are usually transplanted into the bloodstream.
- The likelihood of finding a match increases if there are more people in the registry, doctors say.

CARLOS OSORIO/TORSTAR NEWS SERVICE

▶ Kim Smyth and Mike Smyth are the parents of David Smyth, who died a year ago because doctors could not find a bone marrow match in time.

Banned kite string sliced man's neck

Humayun Kobir remembers seeing blood splatter onto the windshield of his black Suzuki motorcycle after his neck was sliced open by a kite string.

"When I saw the blood squirting, I put my hand on my wound to put pressure on it. I couldn't feel anything. I just felt warm blood coming out," said the 26-year-old father of two, who was injured near Warden Woods Park on Sunday.

Kobir was cut by a strand of 'manja,' a high-strength string coated in powdered glass commonly used in kite fighting. The sport popular in Pakistan, Afghanistan, and India, requires opponents to duel until one kite string cuts the other. Last June, Toronto city council imposed a $250 fine to deter users from using strings like manja which is coated in "hazardous materials." Kite fighting is also now prohibited unless participants have a permit.

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LIEM VU/TORSTAR NEWS SERVICE

▶ Humayun Kobir, with his neck bandaged, displays a kite string.

String probe

- Police found several hundred yards of the kite fighting string strewn across hydro poles and trees including some that were wrapped around a hydro pole.
- Investigators are still trying to determine whether it was placed there with a "malicious" intent.

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CNE hosts back to school party

Last year's controversial event for teachers at the ACC is replaced by free passes to CNE for students

It's a lot less controversial — and a lot more fun.

After last year's back-to-school rally for teachers at the Air Canada Centre — which raised some eyebrows over the cost — the Toronto public board is saying "let's go to the Ex" to its 260,000 students.

This year, all of the TDSB's students can get into the Ex free today.

"I don't think it's been done before and that's what appeals to me," said Chris Spence, director of education for the Toronto District School Board. "This is the world's largest back-to-school party."

He said the idea for a day for students was prompted by his own children, who attended the teacher rally last fall.

Spence said he and his staff decided on a fun day at the Ex, with free entry for students — and at no cost to the board, thanks to sponsors.

"The CNE is a great attraction and it has been very supportive of TDSB students in the past," Spence said.

Passes for the day went home in elementary report cards last June; older students can simply show their student cards. But even bringing a report card or other proof of attendance at a Toronto public school will do.

Student art will be on display, as well as 150 Muskoka chairs students painted that are now placed throughout the Ex grounds. Basketball tournaments, culinary demonstrations and even a flash mob are planned.

The board has also arranged free concerts featuring Shawn Desman and Down With Webster.

TORSTAR NEWS SERVICE

Your CNE trip

- **When:** Aug. 19 to Sept. 5. Grounds open 10 a.m. to midnight (buildings close at 10 p.m.).
- **How much:** $16 general admission; $12 for seniors and children; $48 for a family of four; $5 after 5 p.m. Monday through Thursday; children younger than four are free.
- **What's included:** Concerts, shows and events are free with admission, but rides, games and food are not included. Admission to the CNE includes admission to Ontario Place.
- **For more info:** For a complete schedule of events, visit theex.com or download the CNE app from iTunes.

Hamming. It up

▶ The stars of Second City's 68th Mainstage Revue, Dreams Really Do Come True! (and other lies), ham it up at rehearsal yesterday. From left, Nigel Downer, Carly Heffernan, Alastair Forbes (top), Jason Derosse (top), Ashley Comeau and Inessa Frantowski.

MARCEL ST. PIERRE

Get your tickets for Second City

Created and performed by some of Toronto's best comedic actors, Dreams Really Do Come True! (and other lies) promises hilarious sketches and improvisations about the all-too-familiar foibles of the human race. For details, visit secondcity.com or call 416-343-0011.

Candidate's right to vote questioned

HANDOUT

▶ Council candidate Gus Cusimano

The city is looking into the possibility that Gus Cusimano, a council candidate who successfully challenged Maria Augimeri's election in Ward 9, improperly voted in that ward while living elsewhere.

City lawyer Diana Dimmer wrote to Cusimano's lawyer, Lorne Honickman, earlier this month asking him to "advise in what capacity Mr. Cusimano voted in the election in Ward 9 ... as it appears he resides elsewhere in the City of Toronto."

Candidates are free to run in a ward in which they don't live. Voting, however, is another matter. A city elections website states: "If you live in the city and own or rent more than one property, you must vote in the ward where you live."

A list of voters at an advance poll shows that Cusimano cast a Ward 9 York Centre ballot, registering his address as 951 Wilson Ave. That was, at the time, his constituency office.

"He was leasing property in the ward and I believe that entitled him to vote there," Honickman said in an interview, dismissing the allegation as "more mudslinging" from a political opponent.

"That really casts aspersions on his character. He gave (elections officials) his information and they let him vote in the advance poll. He didn't fill out a ballot in secret."

He lost to Augimeri by 89 votes but successfully challenged the result in court, convincing a judge a byelection should be called because election officials failed to sign forms accompanying hundreds of ballots of unregistered voters.

Augimeri is a council opponent of Mayor Rob Ford and his plan to drastically cut city spending.

TORSTAR NEWS SERVICE

Win a lunch with Doug Ford

Hoping to "raise awareness of the benefits of lower taxes," the Toronto Taxpayers Coalition has launched an online essay contest with Coun. Doug Ford as the grand prize.

The entry must start with: "Lower taxes are good for Toronto because ___." Alternatively, contestants can submit a two-minute video entry to qualify.

The taxpayer coalition contest is a dig at the Toronto Public Library Workers Union, which last week unveiled their own, Why My Library Matters to Me contest. The prize: Quality time with Margaret Atwood or one of nine other authors.

Submit your entry at torontotaxpayer.ca. The contest winner gets lunch with the mayor's brother.

TORSTAR NEWS SERVICE

TORSTAR NEWS SERVICE

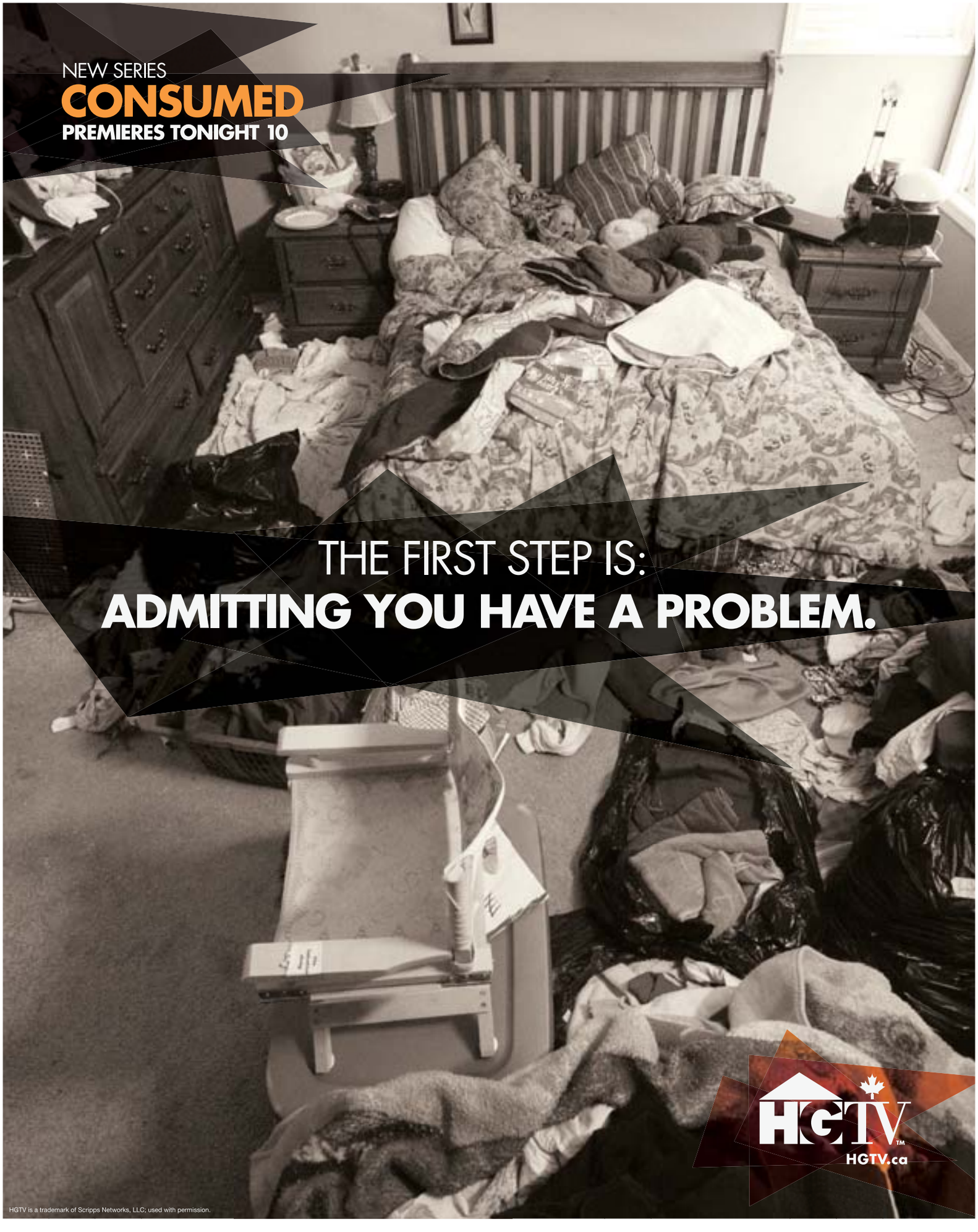
▶ Coun. Doug Ford

Woman clings to life after TTC crash

A 66-year-old woman is in critical condition after her vehicle collided with a Toronto streetcar.

It took crews 45 minutes to free the woman from her car before taking her to hospital. The streetcar was knocked off the tracks in the crash at St. Clair Avenue near Avenue Road yesterday afternoon.

Motorists are being cautioned to stay clear of the area. THE CANADIAN PRESS



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Irene coverage tempest in a teapot?

Media accused of over-hyping storm's threat Others say New York was lucky to be spared

For days, hurricane experts and other authorities warned that hurricane Irene was shaping up to become a Katrina-sized monster heading straight for New York City, the country's most populous urban centre.

In Irene's path along the U.S. Atlantic coast, they pointed out, were an estimated 60 million people. It was the nightmare scenario that had caused meteorologists to lose sleep for years.

Yet a funny thing happened on her way to Manhattan. Irene lost steam.

And instead of Manhattan becoming a target, the media and authorities are this week's whipping boys, accused of over-hyping the storm and needlessly panicking millions of Americans even as Vermont was dealing with the worst flooding in decades thanks to the weakened Irene.

THE CANADIAN PRESS

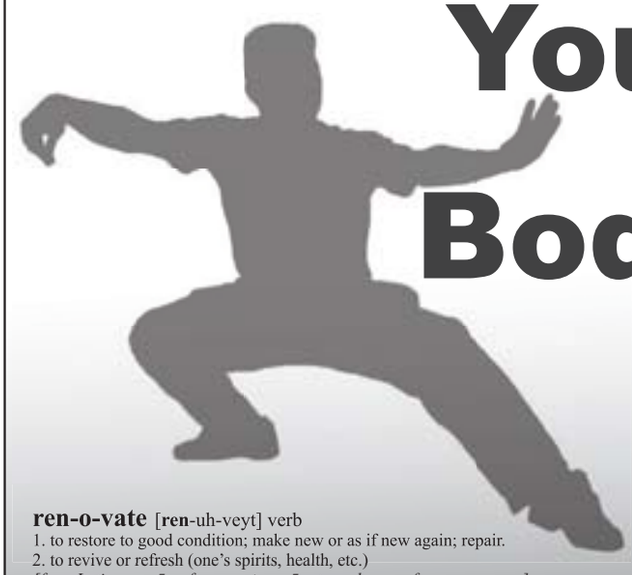
Opposing views

- "TV news squanders its credibility when it cries MONSTER for every storm," media watchdog Jeff Jarvis wrote in a Tweet.
- "We build stories on the forecasts and the forecasts were grim ... The media did its job, as did the authorities," said Mike Conklin, a journalism professor at DePaul University in Chicago.

MARIO TAMA/GETTY IMAGES

▶ People stand on the beach at Coney Island at sunrise yesterday in the Brooklyn borough of New York City. Hurricane Irene wreaked havoc on the East Coast and slowly weakened into a tropical storm before making a third landfall at Coney Island Sunday. Irene left at least 25 dead across eight states.

Renovate Your Body



ren-o-vate [**ren**-uh-veyt] verb
1. to restore to good condition; make new or as if new again; repair.
2. to revive or refresh (one's spirits, health, etc.)
[from Latin renovāre, from re- + novāre to make new, from novus new]

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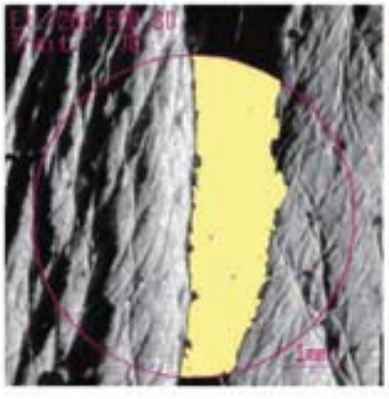
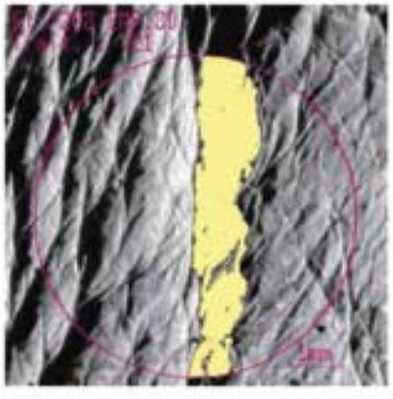


Depth of wrinkle after 3 weeks of treatment with our natural peptide



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Signed by Dr. Nowell Solish on July 8, 2011

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Eight kids injured in daycare slashing

None of the injuries were life-threatening Chinese migrant workers struggle to find safe care for children

A worker slashed children with a knife at a daycare centre for migrant workers in eastern China yesterday, wounding eight of them, one seriously.

The attack happened at noon at an informal daycare centre in Shanghai's suburban Minhang district, home to many migrant workers.

The woman was arrested and police were investigating, said Zhuang Liqiang, an officer in the information services department of the Shanghai Public Security Bureau.

Of the eight children sent to the hospital, four suffered light injuries and one was relatively seriously hurt, but none faced life-threatening injuries, the official Xinhua News Agency and local reports said.

The reports said the attacker had suffered a "psychotic episode."

Shanghai's Dragon TV showed children's clothing at the hospital covered with blood. Doctors said they had to cut off the clothes quickly to treat the children's injuries.

Chinese schools and nurseries have increased security following a spate of gory rampages in schools and other public places in recent years in which dozens of people died or were injured.

THE ASSOCIATED PRESS

Migrant effects

- Migrant workers struggle to find decent child care for their children, who are usually not qualified to attend public schools and who can't afford high fees at private facilities.
- With tens of millions of parents working far from rural homes in big cities, families are often split and children loosely supervised or looked after by relatives.
- Problem worsened by local moves to close informal schools and nurseries that cater to migrant families, mainly due to safety concerns.

Young. Patriots

▶ Children celebrate the downfall of Moammar Gadhafi in Tripoli.

DANIEL BEREHULAK/GETTY IMAGES

Has Gadhafi fled Libya?

Gadhafi's wife and three of his children fled Libya to Algeria yesterday. The longtime leader's whereabouts were still unknown and rebels worry that if he remains in Libya, it will stoke more violence. The Obama administration said it has no indication Gadhafi has left the country.

HIV-infected organs transplanted

One of Taiwan's best regarded hospitals said HIV-infected organs were mistakenly transplanted into five patients after a hospital staffer misheard the donor's test results by telephone.

The patients are being treated with anti-AIDS drugs, an official at National Taiwan University Hospital in Taipei said yesterday.

A transplant staffer believed he heard "non-reactive", instead of "reactive". The information was not double-checked, as required by standard procedures, the hospital statement said.

"We deeply apologize for the mistake," the hospital said.

The Health Department will look into the mistake and decide on possible penalties for the hospital, department official Shih Chung-liang said.

THE ASSOCIATED PRESS

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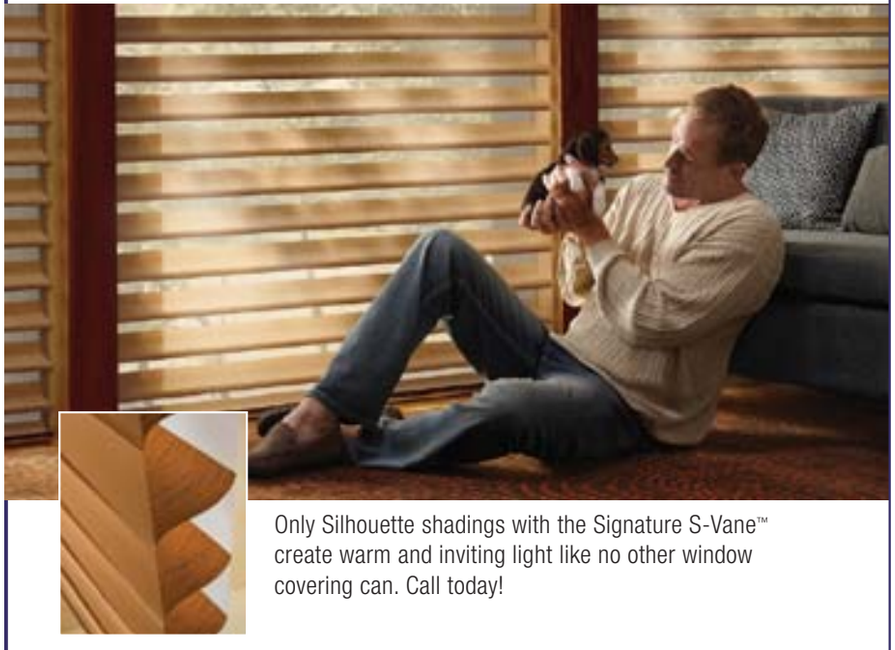

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Honouring a 9-11 hero

HO/THE CANADIAN PRESS

▶ LeRoy and Melodie Homer in a family handout photo. Homer's husband was the co-pilot of hijacked Flight 93 on 9-11. Tapes of air traffic control and the cockpit voice recorder show there was a struggle as the terrorists breached the cockpit.

Canadian widow of Flight 93 co-pilot believes he helped resistance

Hamilton native Melodie Homer is the widow of LeRoy Homer Jr., co-pilot of hijacked Flight 93 that slammed into a Pennsylvania field on Sept. 11, 2001, killing all 33 passengers and seven crew.

Her story is her search to understand the last seconds of her husband's life, to cope with his mindless death and to put his murder at the hands of Osama bin Laden's air pirates in what she believes is the proper context.

"Essentially the battle — the fight against terrorism — started in the cockpit. It started with (Capt.) Jason Dahl and LeRoy," Homer told The Canadian Press in an interview. "It was a combination between passengers and crew, but it started in the cockpit."

Months after her husband's death, the FBI gave her a secret briefing about the final hour of his life and the last moments of Flight 93. THE CANADIAN PRESS

"I guess it depends what you think suffering is, or what you think pain is. ... To know that that didn't happen, and he died with everyone else, in an unconscious state, without pain was a huge relief to me."
MELODIE HOMER

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Military fight back

Al-Qaida militants gain control of southern Yemen as clashes persist

MOHAMMED HUWAIS/AFP/GETTY IMAGES

▶ A man wears a mask of Yemeni President Ali Abdullah Saleh.

A new round of fierce fighting in southern Yemen killed 10 soldiers and 26 militants, military officials said yesterday, the latest battle in a campaign to retake territory from al-Qaida-linked fighters.

Another 38 militants and about 30 soldiers were wounded in clashes that took place over the last 24 hours near the city of Dufas in the southern province of Abyan, officials said.

The U.S. and other Western powers have looked on with concern as al-Qaida gains a strong foothold in southern Yemen. The U.S. considers the Yemen spur of al-Qaida as one of the most active in worldwide terror. The "Christmas bomber" who tried to detonate explosives hidden in his underwear on a plane as it landed in Detroit in December 2009 was said to have been trained in Yemen.

Yemen has been wracked by conflict for months over protests demanding the resignation of longtime President Ali Abdullah Saleh. Saleh is still in Saudi Arabia and refuses to resign despite heavy international pressure, leaving the nation in political limbo. THE ASSOCIATED PRESS

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Stop. Bombing

▶ Kurdish women sit during a protest in Istanbul yesterday. The women gathered to protest Turkish military air strikes against Kurdish separatists in northern Iraq.

BULENT KILIC/GETTY IMAGES

Air strikes target Kurds

Turkish jets bombed bases in northern Iraq used by the separatist Kurdistan Workers' Party (PKK) in a fresh campaign that has killed as many as 160 rebels since last week, the military said yesterday.

McLachlan to honour Flight 93 at memorial

RENE JOHNSTON /TORSTAR NEWS SERVICE

▶ Sarah McLachlan

Singer-songwriter Sarah McLachlan will perform at a dedication ceremony for the 9-11 memorial for Flight 93 in Pennsylvania.

The National Park Foundation announced yesterday the pop vocalist will sing at the Sept. 10 event near Shanksville, where the 40 passengers and crew aboard United Flight 93 died Sept. 11, 2001. The plane crashed after it's believed the passengers tried to overtake the hijackers.

The Flight 93 National Memorial will include dignitaries and relatives of those killed.

Organizers have raised most of the estimated $60 million US needed for the first phase. Towers of Voices, which houses 40 wind chimes, will be included. THE ASSOCIATED PRESS

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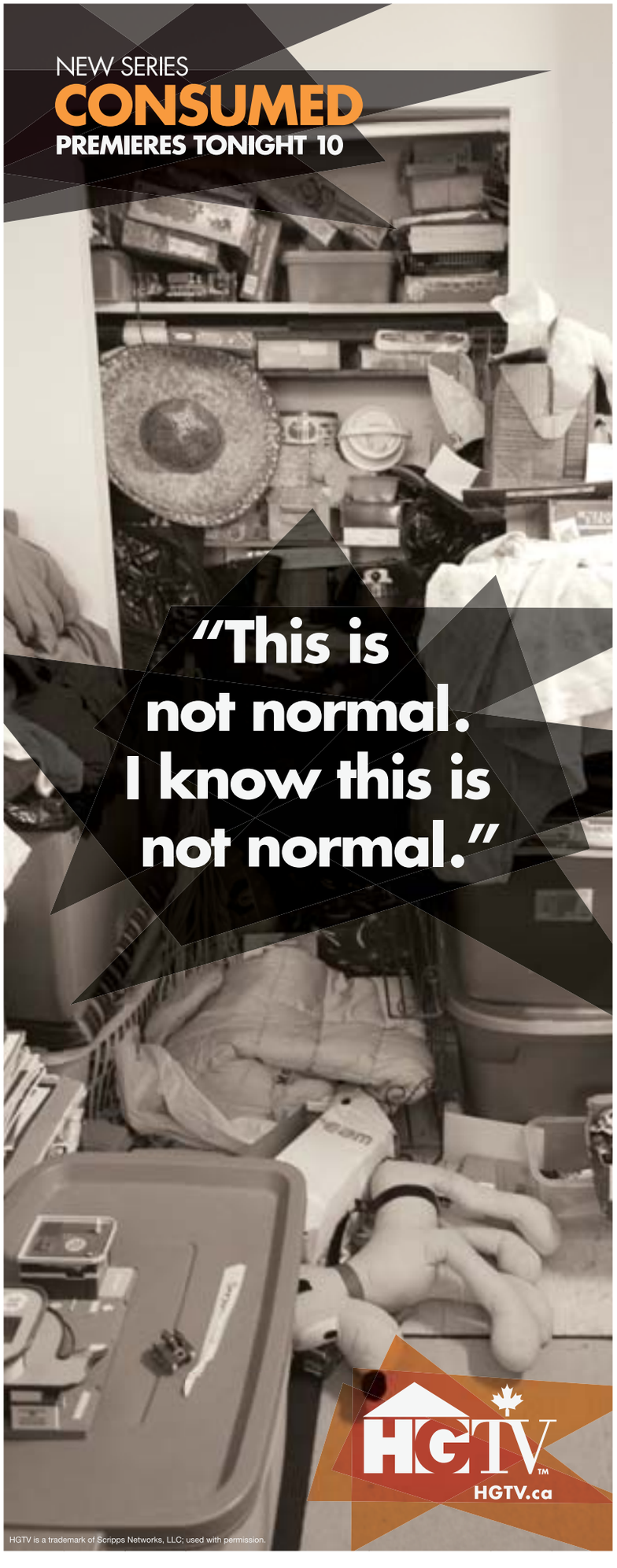
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▶ The International Space Station and the docked space shuttle Endeavour, left.

Shuttled off this mortal coil

Space station may sit empty this fall after Russian supply ship blast grounds launch of next crew

Astronauts may need to temporarily abandon the International Space Station this fall if last week's Russian launch accident prevents new crews from flying, a NASA official said yesterday.

If Russia's essential Soyuz rockets remain grounded beyond mid-November, there will be no way to launch any more astronauts before the current residents are supposed to leave, said NASA's space station program manager, Mike Suffredini.

A space station supply ship was destroyed last week following liftoff from Kazakhstan. The failed upper stage of the Soyuz rocket is similar to what's used to launch astronauts.

The launch of the very next crew already has been delayed. It had been scheduled for Sept. 22.

To keep the orbiting outpost with a full staff of six for as long as possible, three of the current residents will remain in orbit for at least an extra week. They were supposed to return to Earth on Sept. 8.

Suffredini said flight controllers could keep a deserted space station operating indefinitely, as long as all systems are working properly.

But that's always the last resort: The risk to the space station goes up if no one's on board to fix potential equipment breakdowns.

THE ASSOCIATED PRESS

Occupied

▶ Astronauts have been living continuously aboard the space station ever since the first crew was launched in 2000.

Nigerians afraid after bombings

Abuja, Nigeria's modern city of paved highways and shining government buildings, now looks militarized as the nation struggles to cope with a series of bombings in the capital. The latest one, on Friday, killed 23 people at the headquarters of the United Nations.

THE ASSOCIATED PRESS

US envoy upset at UN pay raise

The United States is demanding that a nearly 3 per cent cost-of-living salary hike for 4,800 U.N. staff members serving in New York be rescinded. The U.S. civil service is currently subject to a pay freeze that includes cost-of-living adjustments.

THE ASSOCIATED PRESS

Justice dept. files lawsuit

A federal judge in Birmingham has temporarily blocked enforcement of Alabama's new law cracking down on illegal immigration that was to take effect Thursday. The law would, among other things, require schools to verify the citizenship status of students. THE ASSOCIATED PRESS

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Post-tropical storm Irene smacks Eastern Canada

Motorist missing in Quebec after landslide sends chunk of rain-soaked road into river Flights cancelled, delayed in Moncton, N.B. and Halifax

ANDREW VAUGHAN/THE CANADIAN PRESS

Waves pound the rocks at Peggy's Cove, N.S., yesterday.

One person was unaccounted for and tens of thousands were in the dark yesterday after the residual power of hurricane Irene cut a destructive path through Quebec and the Maritimes.

The post-tropical storm may be to blame for a road collapsing into the Yamaska River yesterday about 100 kilometres northeast of Montreal, where the resulting crevasse swallowed two cars and left authorities searching for a missing driver.

Police spokesman Benoit Richard said the driver of one vehicle scrambled to safety, as did one of the two occupants of the second car.

"The passenger managed to get out of the vehicle, but not the driver," Richard said, adding that police asked the Canadian Coast Guard for help in the search.

After smacking southern Quebec on Sunday with heavy rain and howling winds, a system that was once hurricane Irene churned northeast yesterday across the province and into Atlantic Canada.

But Canada appeared to emerge relatively unscathed from the remnants of the powerful hurricane that killed at least 35 people in 10 U.S. states. It left millions of Americans without power and thousands of flights were cancelled.

Irene's post-tropical version still packed a punch in Canada — where it flooded roads, snapped trees and knocked down power lines.

Environment Canada said the strongest winds were felt east of Quebec City on Ile d'Orleans, where gusts of 113 kilometres an hour were reported.

On Sunday, around 250,000 Hydro-Quebec customers lost power, but the utility said it had restored all but 80,000 of them by late yesterday afternoon.

Public security officials in Quebec said yesterday that around 350 people had been forced from their homes due to rain and had yet to return.

The wind also prompted authorities to restrict certain vehicle classes yesterday from crossing the Confederation Bridge, which links New Brunswick and Prince Edward Island. Flights were cancelled at the airport in Moncton, N.B., while delays were reported at Halifax Stanfield International Airport.

Environment Canada said six-metre waves were reported over western Maritime waters.

"People took this storm seriously," said Public Safety Minister Robert Trevors. "Let's not be complacent with the next one."

THE CANADIAN PRESS

Alleged war criminal used sledgehammer, hearing told

An extradition hearing in Calgary for an accused Guatemalan war criminal has heard that witnesses saw him kill villagers with a sledgehammer.

A Justice Department lawyer says the confidential witnesses saw Jorge Vinicio Orantes Sosa throw the bodies down a well.

Sosa, who holds Canadian and American citizenship, has been in custody since January and faces extradition to the United States.

The hearing is not a trial and the judge only needs to be satisfied a U.S. court has enough evidence to go to trial.

THE CANADIAN PRESS

200 Jorge Vinicio Orantes Sosa is also wanted by authorities for his alleged part in attacks in which more than 200 men, women and children were killed.

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OLI SCARFF/GETTY IMAGES

▶ Crowds of people attend the Notting Hill Carnival yesterday in London.

London police change tactics

About 3,000 have been arrested so far on suspicion of crimes over the four nights of rioting in the U.K.

British police flooded part of London with extra officers and authorized the use of tough search powers yesterday at the Notting Hill Carnival, Europe's largest street festival, in the wake of riots across England earlier this month.

London's Metropolitan Police said it had invoked extensive search powers that allow officers to stop people — and order them to remove hoods, masks or other disguises — if they suspect there is a possibility of serious violence in a specific neighbourhood.

Police said they had arrested 72 people yesterday in addition to the 82 people arrested on Sunday. The two-day carnival, launched in 1964, celebrates Caribbean culture and attracts about 1 million people with its mix of flamboyant dancers, colourful costumes, rousing steel bands and booming outdoor sound systems.

The number of arrests appeared to be lower than last year, when about 270 people were detained over the two days of the event.

Police said about 6,500 officers were out on the streets yesterday — more than the number who were deployed on duty during April's royal wedding. **THE ASSOCIATED PRESS**

WARREN JEFFS

Polygamist leader in critical condition

Polygamist leader Warren Jeffs has been hospitalized after not eating or drinking enough since his recent conviction on child sexual assault charges, a prison official said yesterday.

The 55-year-old head of the Fundamentalist Church of Jesus Christ of Latter Day Saints is in critical but stable condition, Texas Department of Criminal Justice spokeswoman Michelle Lyons told The Associated Press. It is uncertain how long he will be hospitalized.

Lyons said Jeffs told prison officials he had been fasting.

Jeffs attorney Emily Detoto said that he was taken to East Texas Medical Center in Tyler on Sunday night. She says he "hasn't been feeling well" but wouldn't elaborate.

THE ASSOCIATED PRESS

Man accused of throwing son overboard

A man has been arrested after California authorities say he threw his 7-year-old son off a sightseeing cruise boat during an argument.

Orange County Sheriff's Department spokesman Jim Amormino says 35-year-old Sloan Briles was arrested Sunday for investigation of child endangerment and resisting arrest.

THE ASSOCIATED PRESS

Province, Magna commit to electric

$430M plan will create 700 jobs developing electric vehicles Ontario kicks in $48M for projects

Magna International Inc. is spending $430 million to research and develop electric vehicle technology in Ontario.

Economic Development Minister Sandra Pupatello, who together with the company made the announcement yesterday, said the province will contribute $48 million to help fund 19 research and development projects over the next six years.

The projects include developing concept electric cars, parts for hybrid vehicles, metallic components, alternative energy and ways to improve fuel efficiency.

The province said the plan will create 728 jobs and also help protect about 1,300 jobs at Magna's factories in Brampton, Aurora, Concord and St. Thomas, Ont.

TARA WALTON/TORSTAR NEWS SERVICE

▶ Sandra Pupatello

"What powers our cars is changing, the pieces that go into making a vehicle are changing. The good news is that that change is happening here at Magna," Pupatello said.

"That, my friends, is a huge vote of confidence in the Ontario economy."

The province has been moving forward with plans to ramp up the development and production of more environmentally-friendly vehicles and has provided grants to companies in the automotive industry. On the Toronto Stock Exchange, Magna shares were up $1.42, or nearly four per cent, at $37.04 in late trading yesterday. **THE CANADIAN PRESS**

Workers lift overtime ban

Saskatchewan cancer agency workers have lifted a ban on working voluntary overtime. The ban was put in place in June to back contract demands.

Cancer agency workers have been without a contract since December 2009. **THE CANADIAN PRESS**

Market moment

PRICES AS OF 5 P.M. YESTERDAY

Dollar	TSX	Oil	Natural gas	Gold
+ 0.61¢ (102.34¢ US)	+ 177.34 (12,504.85)	+ 1.90¢ US ($87.27 US)	$3.902 (- 1¢)	$1,791.60 (- $5.70)

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Keeping you in the know and on the GO

Starting Saturday, September 3, 2011, there will be changes to some GO Train and Bus services.

01 – LAKESHORE WEST GO TRAIN & BUS

On weekdays there will be two new train trips, some existing train trips will be extended to Aldershot and one to Oakville, the 3:15 p.m. westbound train from Union will now make all stops to Aldershot, and there will be changes to buses that connect with modified trains.

09 – LAKESHORE EAST GO TRAIN & BUS

On weekdays there will be two new train trips, the 3:45 p.m. train from Union will now make all stops to Oshawa, and there will be changes to buses that connect with modified trains.

12 – NIAGARA FALLS GO TRAIN & BUS

There will be one new Friday bus trip, eight new weekend bus trips and some changes to existing trips.

The Niagara Falls GO Train service will end for the summer on September 6 and will operate again over the Thanksgiving long weekend, October 7 to 10.

16 – HAMILTON QEW GO BUS

There will be one new weekday westbound trip and 11 new Friday eastbound trips.

19 – OAKVILLE HWY. 403 GO BUS

The weekday westbound trip that departs Yorkdale at 7:50 a.m. to Square One will now begin at Finch GO Terminal departing at 7:25.

20 – MILTON-OAKVILLE GO BUS

Some changes to trips that connect with the adjusted Lakeshore West trains.

21 – MILTON GO BUS

There are 12 new weekday trips and changes to some existing trips.

31 – GEORGETOWN GO BUS

There are three new trips and changes to some existing trips.

61 – RICHMOND HILL GO BUS

A new weekday southbound trip will depart Richmond Hill GO Station at 5:10 a.m., serve Langstaff GO Station at 5:22, and arrive at Union at 5:50.

A new weekday northbound trip will depart Union at 8:10 p.m., serve Langstaff at 8:35, and arrive in Richmond Hill at 8:55.

65 – BARRIE GO TRAIN & BUS

One new morning and one new afternoon train trip, 12 new bus trips, and changes to existing train and bus trips.

66 – NEWMARKET HWY. 400 GO BUS

There are two new trips and changes to some existing trips.

69 – SUTTON GO BUS

There will be minor adjustments to some weekday trips.

71 – STOUFFVILLE GO BUS

A new weekday southbound trip will depart Mount Joy GO Station at 9:05 a.m., serve Markham GO Station at 9:10, and arrive at Union Station at 9:55.

A new weekday northbound trip will depart Union at 10:20 p.m., serve the Markham, Mount Joy, and Stouffville GO Stations, and arrive in Lincolnville at 11:10.

95 – OSHAWA HWY. 2 EXPRESS GO BUS

There will be minor adjustments to some weekday trips.

SCHOOL SERVICES

Bus service will be increased on these routes for the school year:

- **15 – McMaster University** Sunday and holiday trips between Aldershot and Mac resume
- **25 – Waterloo GO Bus** 33 new trips on weekends and holidays
- **29 – University of Guelph GO Bus** Two new Friday trips
- **46 – Hwy. 407 West GO Bus** On Route 47, between Hamilton and York, we're adding service on Saturdays.These trips and the Sundays and holidays trips will now also serve Yorkdale GO Terminal
- **52 – Hwy. 407 East GO Bus** Buses now serve the Richmond Hill Centre instead of Langstaff GO Station or the stops on Langstaff Rd.
- **88 – Peterborough GO Bus** New trips on Fridays and Sundays to Trent University
- **93 – Durham College-UOIT GO Bus** Express service between Scarborough Town Centre and campus resume

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LAST CALL FOR SUMMER

SHE SAYS ...

JESSICA NAPIER
METRO

I have terrible news, everyone, there is only one week left of summer.

Sure, autumn doesn't technically begin until the fall equinox sometime in mid-September, but we all know that the day after Labour Day is the unofficial end of the season. Next Tuesday means back to school and back to reality for those of us enjoying summer hours and vacant workplaces.

So how did your summer measure up? Have you appreciated each minute of daylight and every ray of sunshine? Probably not, but with seven days left you've still got some time to take advantage of Canada's favourite fleeting season. This week, try to do all five of these summertime activities — whether it's your first time or your one-thousandth time — before it's too late.

Enjoy a meal al-fresco: While the weather forecast is still bearable, indulge in a little open-air gastronomy. Take a seat on a sidewalk patio or pack a picnic for a nearby park or your own backyard. Sure, you'll be terrorized by wasps and ants, but that's just part of the fun.

"Wear white all week long because soon you'll have to say goodbye to those pale pieces and unpack your collection of flannel. Sure, you can try to get away with that eyelet sundress after Labour Day, but you know this age-old fashion faux pas won't go unnoticed."

Wear white: White dresses, white pants, white fedoras — in cotton, in linen, in silk. Wear white all week long because soon you'll have to say goodbye to those pale pieces and unpack your collection of flannel. Sure, you can try to get away with that eyelet sundress after Labour Day, but you know this age-old fashion faux pas won't go unnoticed.

Take a dip: Find the closest pool, lake or ocean and take the plunge — because nothing can compare to splish-splashing around in the great outdoors.

Get a pedicure: You'll be back in waterproof boots and practical (read: ugly) footwear soon enough, so if you're going to slip on sandals make sure you go out in style. Get buffed, clipped, filed and polished — for the sake of your own hygiene and for everyone who has to peek at those toes on display.

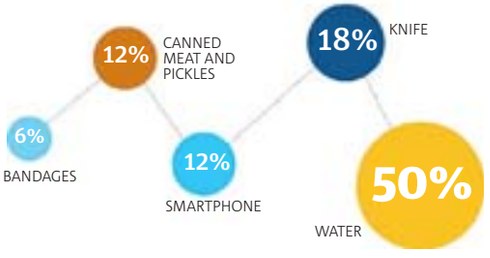
Ride a bike: Sure, there are hardy people who insist on peddling year-round, but for most of us, the idea of cycling through the city streets in a snowstorm is just insane. This week, take the opportunity to do some last-minute two-wheeling around your favourite trails before layers of leaves, ice and slush cover them up for months to come.

And so, the summer countdown is on. Only 10,080 minutes left to get outside and savour the season.

Read more of Jessica Napier's columns at metronews.ca/shesays

Register at metropolitanpanel.ca and take the quick poll

What's the No. 1 item you'd put in your doomsday survival kit?



Local tweets

#ThingsBetterThanTheCarterIV

- **@heyyouhipster:** #ThingsBetterThanTheCarterIV is everything and anything. Lil Wayne is garbage.
- **@jasonbrum:** Stepping on a Lego piece, barefoot.
- **@RyanYoungScarb:** lets get real those are better than anything RT @TheGreatKingSIR #ThingsBetterThanTheCarterIV Red Lobsters cheese biscuits
- **@danreina1:** LeBron James in the 4th quarter
- **@xaviertorres_:** ... I'm so upset that this is trending man.
- **@Tylermccallion:** Walking in wet socks
- **@makaveli_thadon:** Sitting at home doing absolutely nothing, being bored out of my mind. That guy has 1 annoying voice
- **@Mr_AndrewHunt:** Getting a beard hair caught in an electric razor
- **@PCauzBeats:** Can't hate on this! 3 #toronto producers laid out beats for the most solid tunes on the album. Canada's comin!

Letters

JACK LAYTON. Mr. Layton's funeral and the turnout of the massive number of people to mourn the death of a politician should be a wakeup to other politicians.

They need to ponder and ask themselves why would people in massive numbers come out to celebrate the life of a politician, during the time when the majority of Canadians don't find the profession to be appealing and they don't feel the urge to welcome politicians who knock at their doors during the election.

Mr. Layton's ability to bring people together during his funeral should be a hint of what Canadians desire from a political figure.

Looking at Mr. Layton's legacy and the massive number of people who have mourned his death, we learn that Canadians want an honest politician who is true to himself and who listens to people whether they are rich or poor.

Canadians want to see integrity in politicians — something which has been missing in today's politicians, who promise one thing during the election and then do something else.

ABUBAKAR N. KASIM
TORONTO

Cartoon by Michael de Adder

WEIRD NEWS

They say money doesn't grow on trees, but it does fall from trucks...

The fantasy of seeing banknotes fluttering down from the sky came true for Dutch motorists after a package containing cash apparently fell from a bank transport truck and broke open.

The incident triggered a dangerous scramble for the euro bills yesterday on the busy highway near Maastricht, in the Netherlands, as people parked cars on the road's shoulder and ran to scoop up loose notes.

Police in the southern Dutch province of Limburg confirmed in their Twitter feed "it briefly rained bank bills."

Reporter Rudy Bouma told national broadcaster NOS he saw people grabbing handfuls of cash before hopping back into their cars and driving away.

It was not clear how much cash was lost, or how it could have fallen from the truck.

THE ASSOCIATED PRESS

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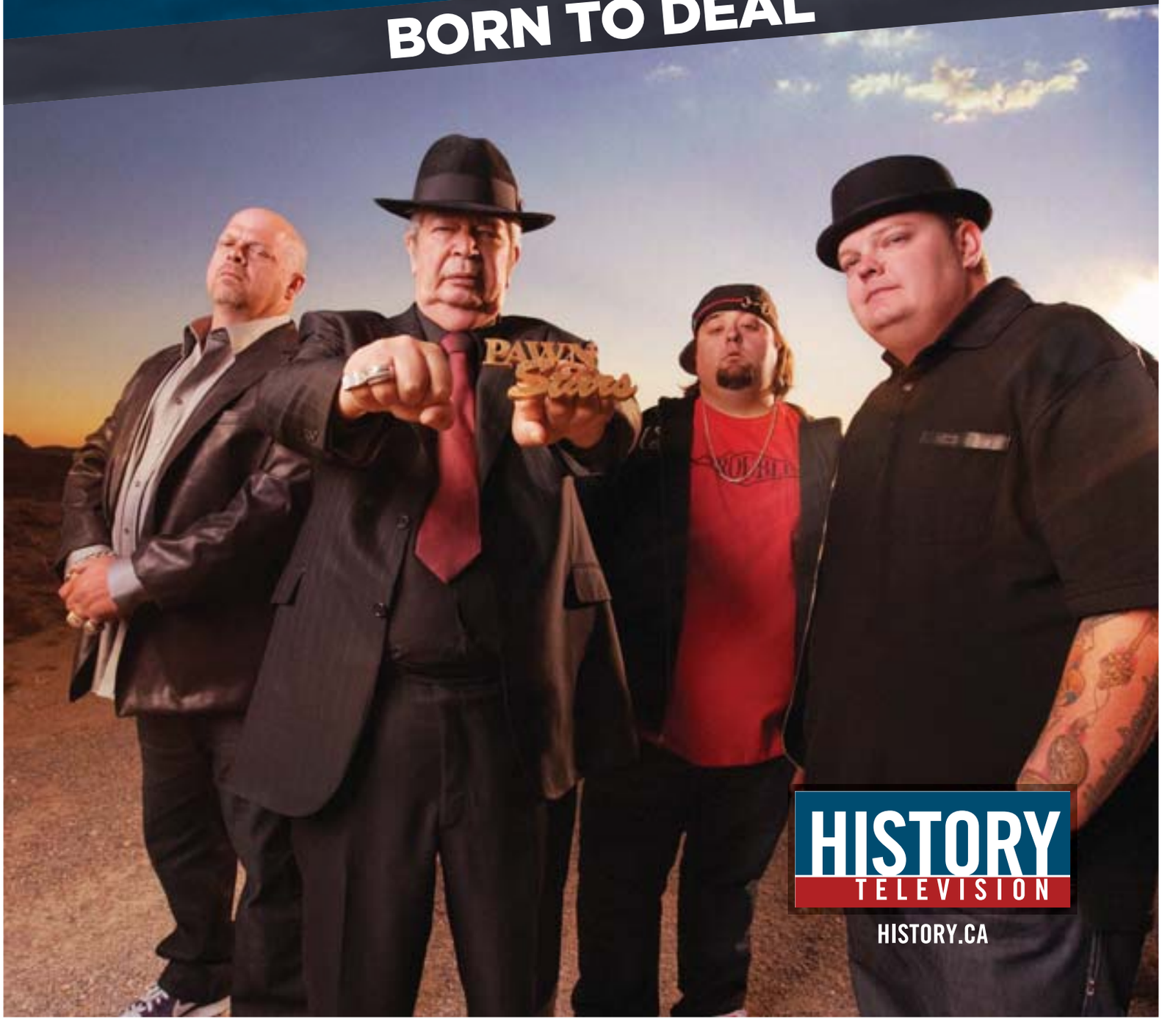
SEASON PREMIERE TONIGHT 9

PAWN STARS

BORN TO DEAL



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NATHAN DENETTE/THE CANADIAN PRESS

▶ Lloyd Robertson has anchored the evening news in Canada through the terms of eight prime ministers.

Lloyd lays down his mic

National News anchor set to wrap final newscast on Thursday At age 77, Robertson shuns the word 'retirement', and sets sights on new projects

It's a perfect summer day in August, and Lloyd Robertson seems almost relieved to be back at work.

The 77-year-old has entered the final stretch, and Thursday — when he is set to wrap his final newscast at the helm of CTV National News, thus ending the longest-ever reign of a North American national anchor — is looming.

But for now, Robertson is exactly where he wants to be, amid the buzz and swarm of CTV's hive of a news hub as he and his colleagues begin to stitch together the evening's nightly program.

"It's all (the viewers are) talking about," Robertson said in a recent interview, taking a brief break from the night's work. "'When is the day?' 'When are you stepping down?' 'Retirement.'

"Only, I try to steer them away from the word 'retirement,' because I'm still going to be doing things. ... I intend to be around for a while."

So Robertson won't be stopping, at least not entirely. He'll contribute to CTV's flagship news magazine series W5 and has a series of vignettes on determined young people to lead into next year's Olympics.

But it's clear that stepping away from the anchor's chair will still feel like the end of something significant to Robertson.

After all, he has anchored the evening news in this country through the terms of eight Canadian prime ministers and eight U.S. presidents. He's covered three Olympic Games held within our borders. He's reported on the moon landing, on Terry Fox's Marathon of Hope, on the fall of the Berlin wall, on the death of Princess Diana and on the terrorist attacks of 9-11.

That sort of prominent longevity is impossibly rare in the TV business nowadays, said CTV's chief political correspondent Craig Oliver.

"When he and I started in television, there were just two channels," said Oliver, a friend of Robertson's since they were colleagues at CBC in the '60s.

"He's the last of a breed of really high-profile, influential anchors."

THE CANADIAN PRESS

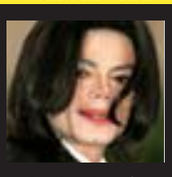
A life in the limelight

- Growing up in Stratford, Ont., Robertson was fascinated with broadcasting as early as his pre-teen years. He aspired to work for the local radio station, CJCS, finally achieving his goal after graduating high school.
- Robertson moved up the ladder quickly. He was only 20 when he went to work for CBC and 22 when he married his high school sweetheart, Nancy. The couple bounced from Winnipeg to Ottawa to Toronto, starting a family along the way.
- In 1970, he claimed the anchor position at CBC's The National. It was, of course, a dream gig for a broadcast news hound but before long, Robertson began feeling restricted. In those days, a complicated union relationship meant that TV anchors weren't allowed any editorial input into the words they were reading.
- Robertson's frustration eventually led to his then-shocking decision to move to CTV, a choice that chewed him up at the time.
- Robertson flourished at CTV. Beginning as a co-anchor with Harvey Kirck, Robertson rejoiced in the increased creative control he was afforded, and ratings swiftly rose (Robertson takes pride in pointing out that CTV National News has become the country's top-rated national newscast).

THE CANADIAN PRESS

2 scene

Scene in brief



Michael Jackson's children and father visited the late pop star's boyhood home in Gary, Ind., as the town celebrated what would have been his 53rd birthday. Hundreds of fans took part in activities outside the house in Jackson Street over the weekend ahead of Jackson's birthday on Monday.

THE ASSOCIATED PRESS

Jamaica's Jolly Boys enjoying international success after nearly 60 years as a band.

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The Debt star has paid her dues

Jessica Chastain's hard work has paid off, with roles in seven films being released in 2011 Varying films allowed actress to show off her skills

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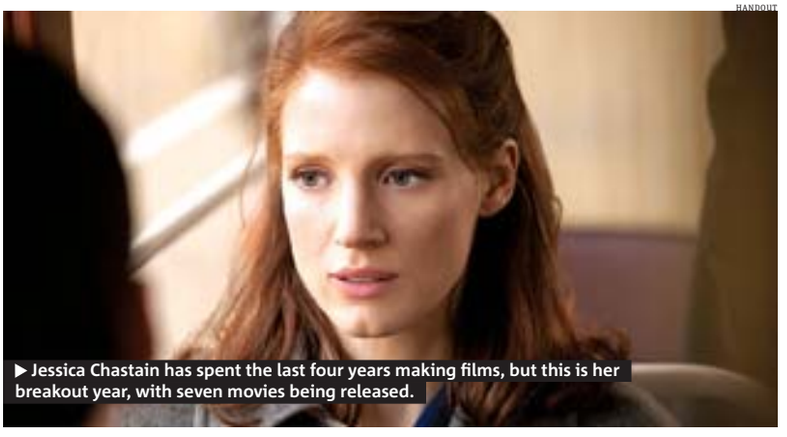

▶ Jessica Chastain has spent the last four years making films, but this is her breakout year, with seven movies being released.

Jessica Chastain would be worried about overexposure if only anyone knew what she looked like. "To be honest I don't get recognized, which is great," says Chastain, whose latest film, The Debt, finds her morphing into a raven-haired Mossad operative in 1960s East Berlin.

"I think sometimes a trapping of fame is that they don't want you to disappear into the role. They want you to be how they think you are."

While she's spent the last four years making movies, very little has made it to theatres — until now, since Chastain has seven films being released in 2011 alone.

That's a lot of roles to disappear into, and if anything, Chastain insists, having them all hit at once is a great defence against typecasting.

"I don't want to play the same thing twice," she says.

"Hollywood does try to think, 'Oh she can do that, so let's have her do it again.' And I'm really fortunate that it goes from Tree of Life to the Help to Take Shelter, where I'm hoping that they just won't know what to do with me."

And if those three don't confuse casting directors enough, she's also got her spy games in The Debt, some Shakespeare in Ralph Fiennes' Coriolanus, screen time with Al Pacino in Wilde Salome and more gunplay in Texas Killing Fields.

Plus she's already completed the Wettest County in the World, and before the year is done she'll be shooting the horror movie Mama. Jumping from role to role isn't a problem for Chastain. It's adjusting to the fame she'll likely be living with in 2012 that's daunting.

"Right now, it's all great. I'm getting to do the work and I'm getting to have a normal life," she says. "I am still shy. That red carpet at Cannes was out of this world and terrifying and exciting at the same time."

Making The Debt meant learning some new skill sets. "I'd never done an action film," she says. "I went to Juilliard, I was trained in Shakespeare and the classics, and so the idea of me running and jumping into a moving van and shooting guns was so foreign to me.

Luckily, there was help on set in the form of co-star Sam Worthington. "Sam was wonderful because it wasn't foreign to him, and he really was my coach during this film — like my action coach, where he would show me the best ways to hold a gun," she says.

"Even with the running scenes, he was teasing me. He nicknamed me Tommy Cruise because he says that my action run was as good as Tom Cruise's."

In fact, the pair hit it off so well that they've become repeat co-stars. "After working with him on that, we joked that we had a three-picture deal," she says.

CNE

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1. **Glen Campbell** Wed Aug 31
2. **My Darkest Days** with Jonas & The Massive Attraction Thurs Sept 1
3. **K-OS** with Reema Major Fri Sept 2
4. **Duff Goldman** *Sugar High* Fri Sept 2
5. **Canadian International Air Show** Sept 3, 4, & 5

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DVD Releases

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The Conspirator

Genre: Drama
Director: Robert Redford
Stars: Robin Wright, James McAvoy, Tom Wilkinson

Robert Redford's Sundance Film Festival preaches the virtue of storytelling: find a topic, no matter how small, and make it come alive on the screen.

He seems to have forgotten this mantra while directing The Conspirator, his handsome but largely inert drama about American justice — or lack thereof — following the 1865 assassination of U.S. president Abraham Lincoln.

In focusing on Mary Surratt, the sole woman charged and tried in connection with the crime, the storyteller yields to the historian within Redford's complicated cranium, and also to the lecturer that made his earlier antiwar polemic Lions for Lambs laughably didactic. He gives us history preserved in aspic.

But the film provides little sense of the human drama of the woman's saga. Redford seeks clarity, but only for the mind, not the heart. **PETER HOWELL**

In a Better World

Genre: Drama
Director: Susanne Bier
Stars: Mikael Perspbrandt, Trine Dyrholm, Markus Rygaard

The disconnect between divine intentions and flawed humanity fuels the films of Denmark's Susanne Bier (Brothers, After the Wedding). With In a Better World, this year's Oscar winner for Best Foreign Language Film, she fits new pieces into the violent puzzle that is man.

Split between peaceful Denmark and battle-scarred Kenya, the film plays almost as biblical proverb, as two humanist fathers struggle to teach their own challenged morality to their troubled sons.

Bathed in a golden light that contrasts with the film's dark emotional currents, In a Better World brilliantly dramatizes the vexing problem of trying to do right in a world of situational ethics. **PETER HOWELL**

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Raising hell in their high heels

Miranda Lambert's side project, Pistol Annies, aiming to shake things up

DONN JONES /THE ASSOCIATED PRESS

▶ Miranda Lambert, Angaleena Presley and Ashley Monroe.

Angaleena Presley was doing what she usually does at 2 a.m. — sleeping — when the phone rang.

On the other end of the line was Ashley Monroe, who had been hanging out with her friend Miranda Lambert and, perhaps, having a cocktail or two.

"And I went, 'Hey, this better be important, by God,'" Presley recalled, her young son sleeping next to her.

"Turns out it was, huh?" Monroe said.

That call two-and-a-half years ago led to Pistol Annies, a concept group of sorts that's aimed at shaking things up and drawing attention to female singer-songwriters who sometimes get overlooked in the rush to find the next big star.

"I just happened to be the one that got successful," said Lambert, whose breakthrough 2009 album Revolution established her as one of country's elite acts, with Grammy, ACM and CMA trophies to go along with her recent status. "There's a whole bunch of us that you haven't heard yet."

The trio launched the aptly titled Hell on Heels this week. It's a deep country take on life for the modern woman, running from glam to glum and back again.

Lambert, dubbed Lone Star Annie, has been friends with Monroe (Hippie Annie) since soon after both signed with Sony several years ago. Monroe met Presley separately through her publisher.

Monroe decided that late night to put her two friends together after she and Lambert began talking about Presley's music. The friends started getting together to have fun. Alcohol might have been involved, though no one will confirm it. There was never talk of a concept group or even writing songs together. But eventually the guitars came out, and so did Pistol Annies.

Hell on Heels has an attitude for sure, best evidenced in the title song, the wonderfully tart Bad Example, and Lambert's ode to jerks (Trailer for Rent). But it's more remarkable for its reflection of the times and how poverty and unhappiness are just a decision or two away.

THE ASSOCIATED PRESS

Old timey tunes return

O Brother, Where Art Thou? soundtrack re-packaged, re-released

George Clooney isn't the only one whose singing didn't make the final cut of O Brother, Where Art Thou? the film's best-selling soundtrack that helped turn old-timey music into hit pop tunes again.

Clooney's stab at singing the film's signature song still remains in the vaults, but an expanded version of the soundtrack — in stores Tuesday — packs 14 extra tracks, including 12 previously unreleased cuts from music producer T Bone Burnett's latest O Brother sessions.

The two-CD set, which also includes the 19 tunes from the original soundtrack, helps celebrate the 10th anniversary of the O Brother triumph at the 2001 Grammys, where it was picked as album of the year.

The film's $45 million haul at the domestic box-office was at the time the biggest success yet for filmmakers Joel and Ethan Coen, but it was a pittance compared to Hollywood blockbusters.

The album, though, was a runaway hit, selling nine million copies, ranking as one of the 10 top-selling soundtracks ever and inspiring renewed interest in long-neglected rootsy music that continues today.

As the studio engineer tells Clooney's gang in the film, "people can't seem to get enough" of that old-timey stuff.

THE ASSOCIATED PRESS

HANDOUT

▶ George Clooney's singing chops didn't make the final cut again.

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Red carpet and baby names

Metro chats to the stars of the MTV Video Music Awards And we discuss Beyoncé's bump

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METRO WORLD NEWS IN HOLLYWOOD

MTV took over L.A. this weekend for its annual Video Music Awards, with two days of parties and concerts leading up to Sunday's big show.

We caught up with a few people ready to party before the event got started.

Andrew W.K.

The party animal has been holed up in L.A. prepping a new record.

On the VMAs: Really my main concern is the parties. I want to be invited to the pre-parties, the after-parties, the post-after-parties and of course any party at all.

And that really is a great thing about this event — there are a lot of parties.

Lil' Jon

While the fun-loving rapper had to skip town right before the big show, he still had plenty of expectations.

On the VMAs: My boy Pitbull just got added to the show in the last couple days, and he's having an incredible year, so I'm looking forward to seeing him do his thing and supporting him.

And I want to know what Lady Gaga's going to wear. I think that's the question of the day; what is she going to wear this time?

She had the meat dress last year, so how can she top the meat dress?

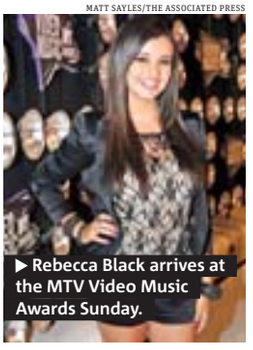
Rebecca Black

The 14-year-old YouTube conversation piece is trying to turn her Internet infamy into an actual music career.

On her VMAs experience so far: It's pretty amazing, considering it just started. You think it's just a couple hours, but no. It's a whole weekend.

On how 2011 has been a roller coaster: Oh, definitely. I mean, when I thought how 2011 was going to be at New Year's, I thought it's just going to be the year I start high school. But no, it turned out to be so much more, and I'm so grateful for it all.

MATT SAYLES/THE ASSOCIATED PRESS



▶ Rebecca Black arrives at the MTV Video Music Awards Sunday.

Destiny's child

At Sunday night's MTV Video Music Awards, Beyoncé revealed she was pregnant, as husband Jay-Z sat beaming in the audience. Mazal tov!

Here's a few guesses as to what they might name the child.

CHRIS PIZZELLO/THE ASSOCIATED

▶ Beyoncé at the MTV Video Music Awards yesterday in Los Angeles.

Girls' names

Gloria

Maybe Jay-Z would want to honour his mom, who's appeared on The Black Album talking proudly about her son.

Diana

After Diana Ross, of course, who was an all-around singer/dancer/actress, just like Beyoncé, who's a fan.

Sasha Fierce Jr.

Although Beyoncé's alter ego never really caught on, her daughter could bring it back.

Boys' names

Isaiah

Beyoncé's old girl group Destiny's Child was named after a passage in the Book of Isaiah.

Marvin or Otis

…after Marvin Gaye or Otis Redding, two of Jay-Z's biggest influences. If anyone else had these names, they'd get beat up on the playground.

Roc-a-baby

We have Roc-A-Fella records and Rocawear. This baby could be Jay-Z's biggest brand extension yet. METRO

Writers still try to out-imagine 9-11

A decade after the attacks, authors reveal how 9-11 changed the American psyche — for better and for worse

GLEN WILSON/WARNER BROS./THE ASSOCIATED PRESS

▶ George Clooney starred in the political thriller Syriana along with Matt Damon. The film developed parallel storylines to include an energy consultant in Geneva, a CIA officer in Iran and unemployed migrant workers in Pakistan.

"I don't think art can 'compete' with something like 9-11," says Jess Walter, whose post 9-11 novel The Zero was a National Book Award finalist in 2006.

"What could be sharper than our images of that day, whether we saw it in person or witnessed it on TV? Who could make a movie as vivid as the picture we get when we close our eyes — the smoking tower, the clear sky, the second jet banking toward the other tower?"

"Americans have this long sense of isolation and impregnability and 9-11 was the end of the blind American sense they had won the Cold War."

JONATHAN GALASSI, PRESIDENT AND PUBLISHER OF FARRAR, STRAUS & GIROUX

Scores of books, films and plays have narrated and analyzed the terrorist attacks, the causes, and the emotional, cultural and political effects. The responses have evolved from the quiet grief of Anne Nelson's play The Guys to such international thrillers as the film Babel to Joseph O'Neill's reflective novel Netherland.

But no fictional character or invented story has forced itself into our minds like the events themselves. No movie has matched the power, and the horror, of the snufflike footage of the plane hitting the World Trade Center's south tower, or the iconic Associated Press photo of a man falling from the north tower.

Entering the mind of another is a feat for any fiction writer, but some have attempted to dwell in the thoughts of an extremist. John Updike's Terrorist begins with a teen Muslim taking in the temptations of the West, "These devils seek to take away my God. All day long, at Central High School, girls sway and sneer and expose their soft bodies and alluring hair."

THE ASSOCIATED PRESS

A novel approach

The Submission is about a Pakistani-American who wins a contest for designing a Sept. 11-like memorial.

The book tells the story of architect Mohammad Khan, a nonobservant Muslim subjected to harsh accusations that he is a terrorist sympathizer with a secret plan to build a religious shrine.

Secular view: "There was a lot of interest in getting inside the minds of terrorists and much less interest in getting inside the minds of Muslims who were not terrorists," says author Amy Waldmam.

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All in a day's work

Brad Pitt rescues woman from being trampled while filming in Scotland

KEVIN WINTER/GETTY IMAGES

▶ Brad Pitt

Brad Pitt has been playing heroes for so long that it must just come naturally to him now.

The actor reportedly jumped in to rescue a woman from being trampled on the set of his latest film, World War Z, currently filming in Scotland, according to the Scottish Sun.

Pitt's rescue attempt happened during a dangerous scene involving 700 panicking extras.

"I don't think she could believe it when Brad picked her up," a source says.

"He didn't have time to speak to her as it was midshoot. But she said afterward how grateful she was, despite having a badly-grazed knee." METRO

Beyoncé's baby causing delays

Beyoncé's pregnancy, which she proudly announced at the VMAs Sunday night, is reportedly already causing schedule issues at work for the singer and actress.

Beyoncé is signed up to star in a remake of a Star is Born directed by Clint Eastwood, a project Warner Bros. was hoping to get into production by February, according to Deadline. But that start date is off the table now that the film's leading lady is expecting a child.

The good news, though, is that it gives Eastwood more time to find a leading man for Beyoncé, since first choice Leonardo DiCaprio isn't interested.

Other names mentioned include Will Smith and Christian Bale. METRO

Beyoncé

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3 life

The big skinny on fat

Hey there Twiggy, just because you're skinny doesn't mean you're a picture of good health

ISTOCK PHOTO

▶ Got fat? Evidence shows that carrying extra weight doesn't necessarily result in poor health.

CELIA MILNE
LIFE@METRONEWS.CA

Not all obese people need to lose weight.

Evidence is mounting that obesity alone is not necessarily a predictor of bad health.

"It is important to realize that weight does not equal health," says Dr. Jennifer Kuk, an assistant professor in York University's school of kinesiology and health science.

In a recent study, Dr. Kuk and colleagues compared the health status of 6,000 obese Americans with 23,000 thinner people.

They found that obese people with no physical or psychological limitations had about the same risk of death as lean people, and were actually less likely to die from heart disease.

Obesity only becomes risky when it is accompanied by factors such as high blood pressure, high cholesterol, high blood sugar and depression, they found.

"Obese people should go to their doctor to be evaluated," Dr. Kuk told Metro.

"If their doctor finds that they are healthy other than an elevated body weight, then this research suggests that they should focus on a healthy diet with regular physical activity as opposed to weight loss," says Dr. Kuk.

Earlier studies have found that trying and failing to lose weight could be detrimental to some people's health.

How do doctors assess which obese people need to lose weight?

A tool developed at the University of Alberta, called the Edmonton Obesity Staging System (EOSS), shows your doctor whether you have obesity-related risk factors and therefore require some type of treatment or surgery.

"BMI only measures how big you are — not how sick you are," says Canadian Obesity Network founder Dr. Arya Sharma, who developed the EOSS.

Health factors

What determines health? Here are the list toppers, according to the Public Health Agency of Canada.

- Income and social status
- Support
- Education and literacy
- Employment
- Social environment
- Personal health practices
- Healthy child development
- Genetics
- Health services
- Gender
- Culture

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ITUNES
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Vaccination rates for girls against cancer-causing HPV is lagging, U.S. CDC says

Quoted

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ED AND DEB SHAPIRO, AUTHORS OF 'BE THE CHANGE, HOW MEDITATION CAN CHANGE YOU AND THE WORLD'
EDANDDEBSHAPIRO.COM

Did you know?

Drinking too much water is apparently doing no good to our overall health. According to Scottish GP Margaret McCartney, the chemicals used to disinfect water bottles could be harmful and drinking excessive amounts could lead eventually to a lack of sleep and kidney problems. MWN

▶ Water as health risk? Seems you can have too much of a good thing.

A new study shows

2.5 hrs

... That's the amount of time Swedish dental workers exercised for a study reported in the Journal of Occupational and Environmental Medicine. They were found to be more productive than a similar group who simply worked 2.5 hours less. MWN

ISTOCK PHOTO

Vaccines largely safe, review finds

Everything from flu shots to chickenpox analyzed

Vaccines can cause certain side effects, but serious ones appear very rare — and there's no link with autism and Type 1 diabetes, the Institute of Medicine says in the first comprehensive safety review in 17 years.

The report released Thursday isn't aimed at nervous parents. And the side effects it lists as proven are some that doctors long have known about, such as fever-caused seizures and occasional brain inflammation.

Instead, the review comes at the request of the government's Vaccine Injury Compensation Program, which pays damages to people who are injured by vaccines. Federal law requires this type of independent review as officials update side effects on that list to be sure they agree with the latest science.

"Vaccines are important tools in preventing serious infectious disease across the lifespan, from infancy through adulthood. All health-care interventions, however, carry the possibility of risk and vaccines are no exception," said pediatrician and bioethicist Dr. Ellen Wright Clayton of Vanderbilt University, who chaired the institute panel.

Still, the report stresses that vaccines generally are safe, and it may help doctors address worries from a small but vocal anti-vaccine movement.

"I am hopeful that it will allay some people's concerns," Clayton said.

There's suggestive evidence but not proof of side-effects, including anaphylaxis from the human papillomavirus — or HPV vaccine — and short-term joint pain in some women and children from the MMR vaccine.

The report cleared flu shots of blame for two long-suspected side effects: Bell's palsy and worsening of asthma.

That doesn't mean there aren't other side effects — the review couldn't find enough evidence to decide about more than 100 other possibilities.

Some vaccines are too new to link to something really rare. Another example: Flu shots have long come with a caution about rare, paralyzing Guillain-Barre syndrome, but Clayton said research hasn't settled if that's a coincidence since the disorder is more common during the winter. THE ASSOCIATED PRESS

Side effects

The review echoed numerous other scientific reports that dismiss a link between vaccines and autism, but it counted some convincing side effects:

- Fever-triggered seizures, which seldom cause long-term consequences, from the measles-mumps-rubella, or MMR, vaccine.
- MMR also can cause a rare form of brain inflammation in some people with immune problems.
- The varicella vaccine against chickenpox sometimes triggers the viral infection, resulting in widespread chickenpox or a painful relative called shingles.
- It also occasionally can lead to pneumonia, hepatitis or meningitis.
- Six vaccines — MMR and the chickenpox, hepatitis B, meningococcal and tetanus-containing vaccines — can cause severe allergic reactions known as anaphylaxis.
- Vaccines in general sometimes trigger fainting or a type of shoulder inflammation.

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Keep kids' 'lids' safe by staying out of ring

Say no to boxing for concussion-free children: Docs

While the debate over hits in minor hockey rages on, pediatricians are calling attention to another sport they say threatens kids' and teens' health: boxing.

Amateur boxing may not be as rough as the professional TV fights, but it still presents a high risk of head injury, Canadian and U.S. pediatricians argue in a new statement.

The paper published yesterday by the Canadian Paediatric Society and the American Academy of Pediatrics calls for underage athletes — whose brains are more vulnerable to injury — to stay out of the ring.

ISTOCK PHOTO

▶ Doctors in Canada and south of the border are urging parents to consider the risks of boxing before allowing their youngsters to participate in the sport.

Other sports such as hockey and football may cause more injuries overall, but boxing "is a sport where intentional blows to the head are rewarded," said Dr. Claire LeBlanc, one of the paper's authors.

That makes it particularly dangerous for children and teens, she said.

"The amount of time to recover from a single concussion for a child or youth takes longer than an adult," she said.

"The cumulative effect ... can mean that concussions take even longer to recover from the more you get them, but also there may be more sustained negative effects on what we call cognitive function — memory, being able to do your school work, chronic headaches and the like."

Experts have long noted the risks of repeated head injury, which can lead to chronic traumatic encephalopathy, with symptoms similar to dementia.

Scientists first spotted the condition in the late 1920s in pro boxers.

In Canada, the minimum age to fight in a boxing competition is 11, according to Boxing Canada, the organization representing amateur boxers.

About 2,000 kids between the ages of 11 and 16 are registered to compete, records show. Roughly a quarter are girls.

Robert Crete, executive director of Boxing Canada, said the sport is misunderstood. Amateur boxers spend the bulk of their time punching bags, not each other, he said.

"It's not like playing hockey, where every weekend, the kid is competing," he said. "If they compete twice a year, it's considered very often." THE CANADIAN PRESS

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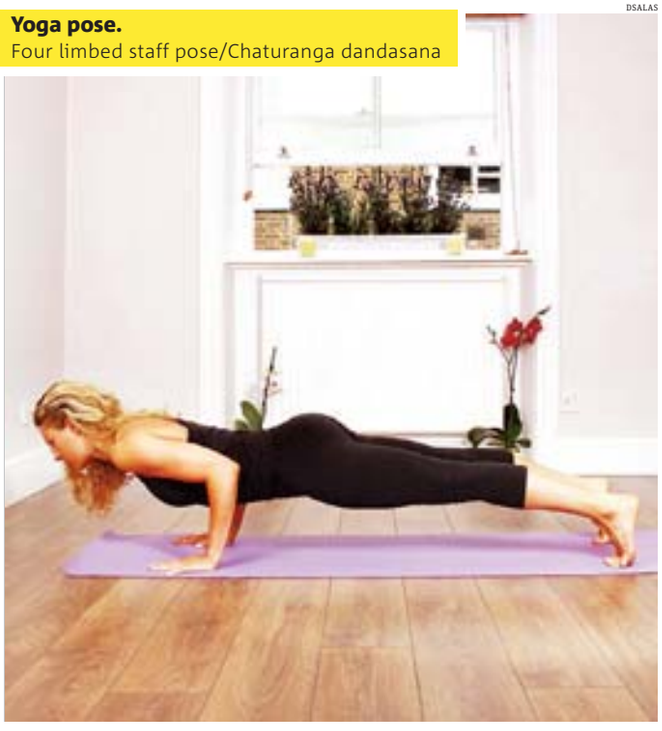
Yoga pose.
Four limbed staff pose/Chaturanga dandasana

DSALAS



What you do:

1 Get into a plank position then firm your shoulder blades against your back ribs and press your tailbone towards your pubis.

2 On an exhale, lower your torso and legs to a few inches above and parallel to the floor. Keep the tailbone firmly in place and the legs active and turned inward. Draw the pubis towards the navel.

3 Keep the space between the shoulder blades broad and don't let the elbows splay out to the sides. Hold them in by the sides of the torso and push them back toward the heels. Press the bases of the index fingers firmly to the floor, lift the top of the sternum and your head to look forward.

4 This is one of the positions of the sun salutation sequence. Hold for 10-30 seconds. And release with an exhalation

Benefits

- This pose focuses on strengthening your arms, wrists and you abdomen.
- For increased challenge, roll over the balls of your feet onto the tops of your feet and shift the torso slightly forward, this will bring the hands back behind your waist and increase the challenge of the position.

STEPHANIE KNUTSSON,
BODYISM YOGA INSTRUCTOR

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"My method for dealing with pack rats?

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Hydrate Well.

Decode your diet

Working, partying, raising a child — it's easy to get busy and forget to look after ourselves properly Here's how to get healthier if you are...

GETTY

THE LAZY ONE

Stereotype: Exercise? Say again?

"What a lazy person most needs is a friend to workout with, as generally they have no desire to push themselves into working out," explains Dalton Wong, weight loss expert at Bodyism Clinic.

"The best is for them to join a class with a dynamic vibe and common goal — that adds pressure and they are more likely to participate."

A lazy person should plan ahead. Set aside one afternoon to prepare meals for the next few days," says Wong. "At the supermarket, pick up everything at once, and go for the easy options such as pre-cut vegetables and fruit.

"With someone who's lazy it can go one of two ways," says nutritionist Carrie Wiatt, who has designed meal plans for Jennifer Aniston and Black Eyed Peas singer Fergie. "They can either over or under eat. Their laziness could cause them to reach out for ready made processed foods, often full of additives, salt and sugar."

FLICKR CC MIKE BAIRD

THE ATHLETE

Stereotype: You wake up in the morning and hit the pool or go for a 5 km run.

"What an athlete needs most is rest," says Wong.

When someone is always 'go, go, go!' in the long run, they will end up injured and unable to exercise.

"Exercise addicts need self imposed 'time out' from their routine where they should do little more than stretch to allow their body to recover," suggests Wong.

"For every intense week of training in three or four weeks they should be taking one week off." For diet, Wong suggests that they should eat plenty of 'living' foods, especially green vegetables and lean proteins.

GETTY

THE WORKAHOLIC

Stereotype: You have your local takeaway on speed dial and sleep with your Blackberry under your pillow.

"Our bodies are designed to move, even if this is a two minute walk to the water cooler every hour or talking the stairs instead of the lift," says Wong.

"We need an absolute minimum of 15 to 20 minutes a day where we keep moving if we want to keep the weight off.

He suggests regular meals as most of the time workaholics forget to eat during the day and then binge eat at night. "If your body functions well then you will have more energy and focus and be more productive at work."

GETTY

THE STAY AT HOME PARENTS

Stereotype: You have a screaming baby to deal with and no time for a two-hour gym session.

"Parents focus on their children 100 per cent," says Wiatt. "They spend so much time cooking meals for others that they don't eat properly themselves and lack the energy to get through a hectic day," she adds.

Wong says parents need to be conscious of what they eat.

"The key is to avoid picking and have set meals, as parents tend to erratically graze at food throughout the day, which in the long term, leads to an excess in calories and weight gain."

He also advises parents to exercise with their kids, whether it's running or rolling around

"Learn to work out in short bursts whenever you can," he says. "Doing house work and running errands burns calories and do some squats or lunges when the baby is having a nap, or put on an exercise DVD. Anything is better than nothing." ROMINA MCGUINNESS

THE SINGLETON

Stereotype: TV dinners on the couch vs. weekends spent clubbing.

"The one thing about working out when you're single is to do something that you love and don't consider a chore. As no one is imposing anything on you, do what you want, just make sure you're passionate for what you do whether its rock climbing, running or yoga," says Wong. The same thing applies to a single person's diet — eat what you enjoy!

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STAY SILENT IN SOME CASES

CHARLES THE BUTLER

ASKCHARLESTHEBUTLER@METRONEWS.CA

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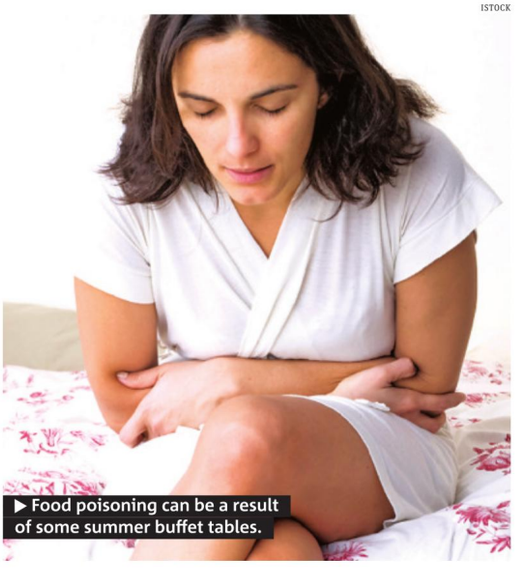
Dear Mr. Butler,
You attend a party given by a friend and the next day you are feeling a tad sick and suspect food poisoning. Do you phone the host to ask if anyone else got sick and risk insulting them that it was their food, or just keep silent and continue to take your Gravol/Imodium?
Regards, W.

ISTOCK



▶ Food poisoning can be a result of some summer buffet tables.

Dear W,

If your discomfort can be cured with Gravol/Imodium than I would absolutely keep it to myself as it really isn't anything too serious.

However if you needed to see a doctor because it was a serious case of food poisoning, I would not hesitate to contact your friend so that the source can be determined.

Remember, before you eat anything on a summer buffet table, make sure it is fresh or else you are playing with fire.

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

PLAYING HOUSE TOO QUICKLY?

TWO SISTERS

ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

My boyfriend and I went through a rough patch recently. We broke up and I moved out, but we're still into each other and haven't dated other people. We recently decided that it was worth trying to deal with things together as a couple and we both see a future together despite our issues. I'm really happy, but I'm afraid of moving back in together down the road and falling into our old patterns. Any advice?
Rough Patch

Andrea: Dear old-new-girlfriend,

It sounds like moving out did you some good.

Sometimes we get a little crazy when we fall in love and play house a little too quickly.

Reclaiming your own life again can be a healthy experience by giving you a broader perspective when dealing with emotionally-intense issues.

It's encouraging to see a couple go through that and choose to get back together.

Unless you two have a real hard time dating, it illustrates that you have a choice in the matter, thereby giving you some responsibility and some power to make decisions.

Use that power: take your time until you feel sure about where you want to take the relationship and how you want to live.

Don't move back in until you feel that all the major issues have been dealt with and that you can deal with future ones.

Claire: Dear Rough Patch,

Breakups are never easy, and sometimes they happen in chapters.

First comes the I-cannot-wait-to-get-away-from-him chapter.

Then the I'm-so-lonely-I-could-die-maybe-he-wasn't-that-bad chapter, which is often followed by the oops-did-we-just-do-that-again chapter, which sometimes leads to where you are right now. Does any of this sound familiar?

If not, and if you're sure you're not seeking each other out because you're lonely or scared, my advice is to follow my sister's advice: take your time, talk about what went wrong and about how you both plan to tackle it.

Facing your issues together is beautiful and brave. Take it slowly, and enjoy the makeup sex.

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

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Travel Oct 16 - Oct 20/wg + taxes & fees $194

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Travel Sep 14 - Sep 22/ua/co + taxes & fees $489

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Canada

Muskoka
Family Special, 2 Nights $125◊
Residence Inn By Marriott Muskoka Wharf taxes & fees included
INCLUDES Lake Muskoka accom. Price per person based on family of 4. Travel Sep 16, 23, 30/ggv. UPGRADE to 4-star Deerhurst Resort for $19 per night. ADD 3-day economy car rental with unlimited mileage for $17 per day.

Niagara Falls Thanksgiving Weekend
Family Special, 3 Nights $149◊
Crowne Plaza Niagara Falls taxes & fees included
INCLUDES accom across from the falls. Price per person based on family of 4. Travel Oct 7/ggv. UPGRADE to 4-star Sheraton Fallsview for $31 per night. ADD Great Gorge adventure for $45.

Montreal 3 Nights $175
Hotel Travelodge Montreal taxes & fees included
INCLUDES accom near Old Montreal. Travel Oct 6, 13, 20, 27/ggv. UPGRADE to 4-star Hotel Le Cantile Suites for $25 per night. ADD greater Montreal tour for $56.

Ottawa
Labour Day Weekend, 3 Nights $198
Novotel Ottawa taxes & fees included
INCLUDES downtown accom. Travel Sep 2/ggv.

Cruise & Stay

Orlando
Air + 3 Nights + 4-Night Cruise $389
Carnival Sensation, Champions World Resort + taxes & fees $340
INCLUDES 4-night cruise sailing roundtrip Port Canaveral visiting Freeport, Nassau and 3 nights Orlando accom near theme parks. Departs Sep 25/ccl/ggv/ts. UPGRADE to oceanview stateroom and 4-star Mona Lisa Suite Hotel for $32 per night.

USA

Las Vegas Air + 4 Nights $295
Circus Circus + taxes & fees $307
INCLUDES accom on the Strip. Departs Sep 4/swg/wg. ADD Grand Canyon Tour for $98.

New Orleans Air + 3 Nights 4-Star $495
Sheraton New Orleans + taxes & fees $128
INCLUDES accom near the French Quarter. Departs Sep 18, 25/ggv/us. ADD swamp and bayou tour for $50.

San Francisco Air + 3 Nights $629
Renoir Hotel + taxes & fees $151
INCLUDES accom near Union Square. Departs Oct 11/ggv/dl. ADD San Francisco Tour and Bay Cruise for $69. ADD Wine Country Tour for $70.

Europe

Paris Air + First 2 Nights $369
Ibis Paris Alesia Montparnasse + taxes & fees $475
INCLUDES central accom. Departs Oct 1/swg/ts. ADD Tour de France of Wine for $89.

Munich Air + First 3 Nights 4-Star $499
Leonardo Hotel & Residenz + taxes & fees $502
INCLUDES central accom near the Deutsche Museum. Departs Sep 6/thn/ts. ADD Munich and its Beer tour for $40.

Turkey Air + 7 Nights 4-Star $999
May Hotel + taxes & fees $420
INCLUDES central Old Town accom near major attractions. Departs Oct 2/ggv/ts. ADD Half Day Istanbul tour for $80.

Algarve Air + 7 Nights $1029
Dom Jose + taxes & fees $335
INCLUDES roundtrip airfare into Faro and accom in the heart of the Algarve coast. Departs Sep 25/ggv/ts. UPGRADE to seaview room for $9 per night.

Tuscany Air + 7 Nights $1089
Hotel San Giorgio and Olimpic + taxes & fees $478
INCLUDES accom in Florence's historic centre near major attractions. Departs Sep 27/thn/9w. ADD Tuscany by Vespa tour for $173.

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Delicious Bi Bim Bap makes its Forest Hill debut

The Korean speciality shines at this eatery It'll have you coming back

STEPHANIE DICKISON

Short Ribs Bi Bim Bap ($14.99)

LUNCH RUSH

VALERIE MANSOUR
FOOD@METRONEWS.CA

There isn't much in the way of Korean food outside of Little Korea and the various Chinatowns that the GTA has to offer.

So Bi Bim Bap's relatively new arrival to Forest Hill deserved a look-see.

At first glance, it looks like many inexpensive Asian restaurants — reddish walls and cream banquettes. But the details are where it impresses: Water is served from a wine bottle into glasses filled with ice and finished with a slice of lime, and sauces are served in shot glasses.

Or course, a variety of bi bim baps are available. We tuck into succulent Beef BBQ ($10.99) and Short Ribs ($14.99) and they are supreme — fresh ingredients such as rice, Korean radish, burdock, sweet potato stem, dried seaweed and bean sprouts sizzle in the stone bowl.

I'll be back. It's a bit of a hike, but it's worth it.

Next time: Korean Tacos with Kimchi.

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Rating: 5 out of 5

THE CANADIAN PRESS H/O

Salmon Tomato Cups

As we greet the local tomato crop, here is a wonderful recipe for luncheons or light suppers. This rendition uses campari tomatoes, which are larger than cherry and yet smaller than field tomatoes. If they're not available, choose smaller field varieties.

Preparation:

1. Cut tomatoes in half widthwise to make 12 tomato halves. Remove seeds using teaspoon or a small melon baller to form tomato cups. Set aside.
2. In a medium bowl, blend salmon, sour cream, oregano and kalamata olives.
3. Mound salmon into tomato cups and serve by themselves or over mixed greens, if desired.

THE CANADIAN PRESS/ CLOVER LEAF

Ingredients:

- 6 campari tomatoes
- 2 cans (each 170 g) skinless boneless salmon, drained and flaked
- 125 ml (1/2 cup) sour cream or light sour cream
- 15 ml (1 tbsp) dried oregano
- 125 ml (1/2 cup) kalamata black olives, pitted and chopped

Canadian-bred grapes star in summer salad

Coronation grapes available on the market for a short time Take advantage by using them in salads

Coronation grapes, a Canadian-bred crop, are seedless and just came on the market in late August.

Available for a short time, they are characterized by their vibrant blue-purple colour similar to the Concord variety.

They star with wheat berries in a stunning summer salad.

Preparation:

1. In pot of boiling, salted water, cook wheat berries, uncovered, until soft, about 20 minutes. Drain in a sieve.
2. In a skillet, heat 15 ml (1 tbsp) of oil over medium-high heat. Add red onion and cook, stirring often, until softened, about 5 minutes. Remove from heat. Pour in remaining oil, vinegar, salt and pepper.
3. Add warm wheat berries, red pepper, cucumber, grapes, walnuts and basil and toss.
4. Sprinkle with feta and serve at room temperature. THE CANADIAN PRESS/ ONTARIO TENDER FRUIT

Ingredients:

- 250 ml (1 cup) wheat berries (wheat kernels)
- 125 ml (1/2 cup) minced red onion
- 50 ml (1/4 cup) extra virgin olive oil, divided
- 30 ml (2 tbsp) red wine vinegar
- 5 ml (1 tsp) sea salt
- 2 ml (1/2 tsp) fresh cracked pepper
- 125 ml (1/2 cup) each finely diced red pepper and cucumber
- 500 ml (2 cups) halved Coronation grapes
- 125 ml (1/2 cup) toasted walnuts, roughly chopped
- 50 ml (1/4 cup) minced fresh basil
- 50 ml (1/4 cup) crumbled feta

Transfer to a bowl and let salad rest for at least 30 minutes, tossing occasionally so the wheat can absorb dressing.

THE CANADIAN PRESS H/O

This recipe makes six servings.

STOP COMPLAINING ABOUT TUITION AND START WORKING

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

School is expensive. I get it! I paid my way through a four year undergraduate degree and an MBA by working throughout both programs. Was it worth the sleepless nights and $100,000 investment? Yes.

My education has given me opportunities that I wouldn't have otherwise had. I'm passionate about my work and earn good money.

Seventy-five per cent of future jobs will require education. Certainly there are very successful people in North America without it. But this phenomenon is becoming less common because the corporate cultural norm has changed: education is critical.

Stop complaining about the costs. The short term pain of large tuition bills pales in comparison to your long-term income gains. According to the National Graduates Survey (Statistics Canada), your long-term income-earning ability is up to a million dollars greater than a high school graduate's when you invest in post-secondary education. Plus, your quality of life and career opportunities are greater.

If you're struggling to cover the tuition tab, get a job. Apply for paid co-op, internship and work experience programs related to your field of study. These opportunities are posted on employer and career centres' websites. Aim for full-time work in the summer and a part-time arrangement while you're in school. Sound boring? Spice it up with an over-seas work term.

While classes are in session, work on or near campus. Your faculty, the libraries, restaurants, stores and fitness centres need staff. If you're feeling entrepreneurial, turn your hobbies into money: photography, writing, web design, etc. Apply for scholarships, bursaries and income assistance through the campus registrar's office or library.

Student debt is often unavoidable. But, by working throughout and saving up your income, you can significantly offset the costs of tuition. This will give you greater financial flexibility after graduation. Plus, working is a great way to meet friends and grow your professional experience. Whatever you do, ensure you've got sufficient time to focus on your studies.

POP QUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.

FIND TIPS & TRICKS
in Allan Small's Investment Perspectives Column: *Negative news provides a drag on the market.*

This column and more available at
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Allan Small
Senior Investment Advisor – DundeeWealth

metro

Take a cold, hard look at your funds

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Last week an e-ton of questions landed in my email regarding my column on using morningstar.ca to evaluate and learn about your mutual funds.

Many of you had difficulty navigating the site and locating your funds.

First of all, it ain't you! There's definitely a bit of a learning curve.

If the closest you've ever come to your mutual funds is when you picked them in the first place, with or without the help of an advisor, then the relationship needs a bit of work.

Reader Evan had trouble finding Acuity Canadian Small Cap. So here's the drill.

Go to morningstar.ca. Near the top there's a line of tabs. Click on Funds. In the middle of the page you'll see a Tools menu. Choose Fund Lookup.

"Time is money so spend a few minutes to find out if your mutual fund is good, bad or a real barker."

-ALISON'S MONEY RULE

ISTOCK

▶ Unlock the mystery of your mutual funds.

Type your fund in the box titled, Enter Fund Name.

Note: Sometimes, the abbreviated name on an investment statement (such as your RRSP) will not match how it is listed.

If the browser can't locate the fund, choose Sponsor Name instead of fund name and scroll through the (often long) list of funds that appear. Sponsor, in Evan's case, would be Acuity.

I typed in Acuity Canadian Small Cap and up popped another window.

Click on the fund name — sometimes there are a couple of options, so choose yours, then click View Quicktake Reports.

Oh dear. Who let the dogs out? What appears is a thumbnail of the fund including, right at the top, a single star out of five.

That means Morningstar rates this fund as a pooch.

In the graph a blue line shows the fund has underperformed others in its category and its benchmark index for the past three years.

Below the graph is a performance chart.

Don't worry about all the numbers, just look at "% Rank in Category" — one per cent being the top and 100 per cent being the bottom. A little counterintuitive, I know.

Acuity Canadian Small Cap is 51, 92 and 96 for one, three and five years — sub-par in spades.

GO TO ALISONGRIFFITHS.CA TO FIND LAST WEEK'S COLUMN, OR SEARCH MY NAME ON THE METRO SITE, AND NEXT WEEK I'LL SHOW YOU HOW TO FIND TOP PERFORMING FUNDS.

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Good gets things done

BOOK REVIEW

CRAIG LUND
LIFE@METRONEWS.CA

When the topic of customer service comes up in discussion, most conversations likely centre around experiences with hospitality services such as a hotel stay or a restaurant or perhaps a retail situation. Think of the big smile (or lack thereof) you get from the greeter at Wal-Mart.

Hospitals however do not generally come up at all. In his book Prescription for Excellence, Joseph A. Michelli, Ph.D. describes the incredible transformation that took place at the UCLA Health System under the helm of CEO Dr. David Feinberg and points to the key aspect of this change being tied to service.

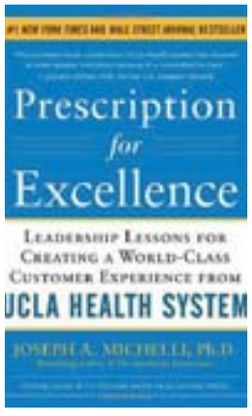
At the time when Feinberg became CEO he had "inherited an organization that had rich existing strengths in medical training, cutting edge research, and the delivery of extraordinary clinical outcomes."

However, UCLA's overall patient satisfaction scores were in the 30 to 40 percentile.

Initially tasked with turning around this perception, Feinberg was faced with some strong cynics in the industry, and even within the UCLA hospital system casting doubts with assumptions to the tune of, "We'll never be like other hospitals that get scores much higher than ours, say in the 60 or 70 percentile, because those hospitals don't treat cases at our level of complexity or they are not training facilities." Feinberg could not accept this excuse.

As many experts in human capital or leadership can attest, change is best delivered when a strong leader can lead by example and inspire his people.

Starting with the basics one of the first things Feinberg did was reworking the Mission Statement which was, "Delivering leading-edge patient care, research, and education", and transformed it into a Vision Statement of 'healing humankind, one patient at a time, by improving health, alleviating suffering, and delivering acts of kindness."


Prescription for Excellence
Leadership Lessons for Creating a World-Class Customer Experience from
UCLA Health System
Joseph A. Michelli, Ph.D.

Michelli points out several other key factors that contributed to UCLA staking a claim often in the top percentile for patient satisfaction, such as hiring methods to identify service centric people, and the introduction of formal guidelines for providing care such as the introduction of the CICARE (See I Care) program.

Michelli's book demonstrates the effects of inspirational leadership, despite the immensely challenging conditions in the health care system, described as "a complicated and often maligned sector of [the] economy." At the end of the day, the simplest methods achieved the results… it isn't brain surgery.

CRAIG LUND, IS THE PRESIDENT OF MARKETING SERVICES FIRM MARKETING TALENT INC. AND CAN BE REACHED AT CLUND@MARKETINGTALENTINC.COM OR ON TWITTER @CRAIGLUND

Nice guys often do come in last

Study shows that the mean ones at work make more

A study presented in San Antonio, Texas, has shown that the people at work who make things miserable for everyone else, are actually the highest earners.

The study, called Do Nice Guys — and Gals — Really Finish Last?, by Dr. Beth Livingston, Timothy A. Judge of the University of Notre Dame and Charlice Hurst of the University of Western Ontario, looks into "agreeableness" and its effect on income.

The researchers analyzed information from three different studies that surveyed 10,000 workers over about 20 years. They found that

ISTOCK

▶ Spot the jerk? Spot a high earner.

men who measured "less agreeable" earned more — 18 per cent more — than their nice guy counterparts. That's about $9,972 more a year for being a jerk.

"Nice guys do not necessarily finish last, but they do finish a distant second in terms of earnings," the study says.

Ladies, it goes for you, too. Less agreeable women earn about five per cent more than those of us who abide by common niceties.

So why doesn't the old adage "do to others as you would have them do to you" pay off? According to the study, "people who are low in agreeableness may be perceived as more competent by virtue of their lack of warmth." METRO

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Walking the path of intern to staff

You've brought them coffee, you've filed their paperwork, now the time has come to see if they've got anything to offer you in return And if they do show you the door, how can you ensure the experience won't go to waste?

DREW HINSHAW
LIFE@METRONEWS.CA

Here's one way to make something out of nothing: Turn your unpaid, unappreciated summer internship into a salaried job. Cha-ching!

Too bad the giant leap from intern wolf pack to payroll happens less regularly than graduating seniors often assume, career counsellors warn.

"Students shouldn't put too much pressure on themselves to turn their specific internships into jobs," says Lauren Berger, an author and self-proclaimed "Intern Queen". "The reality is that not every internship is used as a recruitment tool."

That said, make the right impression, and your corporate overlords and fellow interns could be the link to your first out-of-college job.

ISTOCK

▶ It is a rare breed of worker that can make the intern-to-employee leap immediately. Be patient and resourceful.

"Really, really focus on building your network at your internship and build real relationships with as many executives, coordinators, assistants as you can," Berger encourages. "When you leave it's important to stay in touch with those people and let them know what it is you want to do."

Not every internship is a sure leg up, says Samer Hamadeh, author of The Internship Bible.

"But even bad internships help you figure out the jobs you don't want," he notes. Or they can lead to the jobs you really do want, he adds.

"While you're there, get lunch with assistants — they can be more effective than a higher level executive," Berger suggests. "They're in the loop. They know what jobs are available, and where they're available."

"End of internship preparations should start two weeks before the end date."
LAUREN BERGER, AUTHOR AND SELF-PROCLAIMED 'INTERNSHIP QUEEN'

BEFORE YOU GO

"End of internship preparations should start two weeks before the end date," advises Berger. "Request your letters of recommendations early. Executives take forever on those."

Make sure you get coffee or lunch with your intern coordinator, too, she adds.

"That's the time for the student, if they are interested in a job, to express that," she explains.

KEEP IN TOUCH

"Anyone who you meet during the internship, keep track of those people's first and last names, and when it comes time to leave the internship, any executive, any employee who helped you, even the janitor, write a thank you note, handwritten," Berger urges. "Three times a year — Fall, Spring, Summer — you want to reach out to those people."

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Back in the swing of things

Bautista moves into tie for home run lead with No. 38 Lind, Arencibia each drive in two runs

BLUE JAYS	RAYS
7	3

LUCAS OLENIUK/TORSTAR NEWS SERVICE

▶ Jose Bautista is brushed back by a Wade Davis pitch in the third inning last night.

Jose Bautista hit his 38th home run to move into a tie for the major-league lead as the Toronto Blue Jays beat the Tampa Bay Rays 7-3 to avert a four-game sweep.

Bautista, Adam Lind, who hit his 23rd homer, and J.P. Arencibia drove in two runs each and Ricky Romero pitched six innings as the Blue Jays ended a four-game losing string that matched their season high.

Romero (13-9) allowed six hits, including two home runs by Johnny Damon, and three runs in six innings.

Rays right-hander Wade Davis (8-8) allowed nine hits, including Lind's two-run homer in the third, three walks and six runs in 4⅓ innings.

The Blue Jays (67-67) were without manager John Farrell for the fourth game in a row after he was diagnosed with pneumonia.

He will not be with the team for a three-game series that opens today in Baltimore and his status for the series in New York is undetermined.

Romero walked the first batter of the game, Desmond Jennings, and Damon followed with his 12th homer of the season for a 2-0 Rays lead.

Two walks and two wild pitches gave the Blue Jays an opportunity in the home first. But Lind hit into an inning ending double play.

The Rays (73-60) got a one-out triple by Evan Longoria in the third despite a valiant, running and leaping effort by centre-fielder Dewayne Wise.

But Ben Zobrist bounced to Romero and Longoria was out between third and home in a rundown.

The Blue Jays, who had a hitters' meeting after batting practice, broke out for three third-inning runs. Yunel Escobar singled with one out, Eric Thames doubled. After Bautista's groundout scored Escobar, Lind followed with a homer for a 3-2 Toronto lead.

The Blue Jays added a pair in the fourth inning after Kelly Johnson led off with a single and took second on a groundout. He scored on Arencibia's double. Escobar scored Arencibia with a two-out single. The Blue Jays loaded the bases but Davis retired Lind.

The Rays got one back in the fifth on Damon's second home run of the game and 13th of the season. It was his first multi-homer game of the season and the 13th of his career.

But the Blue Jays made that one back in the bottom of the inning on Arencibia's RBI single. The catcher also picked up his first career major-league stolen base as he took second on the back end of a double steal with Brett Lawrie.

Bautista homered in the sixth against J.P. Howell for a 7-3 lead.

THE CANADIAN PRESS

4 sports

Michael Vick is really back on top now.

Vick and the Philadelphia Eagles agreed on a six-year contract yesterday that again makes the Pro Bowl quarterback one of the highest-paid players in the NFL.

A source familiar with the negotiations told The Associated Press the deal is worth $100 million US, including about $40 million guaranteed.

THE ASSOCIATED PRESS

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Manning moves towards return

Four-time MVP ready to join Colts camp after off-season neck surgery

Peyton Manning is ready to practice with his teammates. He's still not sure when he'll dress for a game.

Yesterday, after being activated from the physically unable to perform list, the Indianapolis Colts quarterback said it was the next step in his recovery from neck surgery in May. Manning would not provide details about what issues must be resolved before the Sept. 11 season-opener at Houston.

"I don't know what HIPAA stands for, but I believe in it and I practice it," Manning joked, referring to the federal law protecting medical privacy. "So, uh, I'll leave it at that."

The team said Manning will practice on a "scripted" and controlled basis with teammates this week. He is not expected to play in Thursday night's pre-season finale at Cincinnati.

It's unclear what Manning's new workout regimen will be.

"He's been throwing," coach Jim Caldwell said. "It's going to be a bigger amount, and I don't think it needs a whole lot of explanation. The statement speaks for itself."

JOE ROBBINS/GETTY IMAGES

▶ Peyton Manning, left, and Kerry Collins of the Colts watch from the sidelines during a pre-season game on Friday.

Team officials have said Manning would practice only when he was cleared by the doctors and when Manning felt comfortable working out. THE ASSOCIATED PRESS

Titans clear space

The Tennessee Titans have placed running back Chris Johnson on the reserve/did not report list in a move that frees up an extra roster spot for the final pre-season game.

▶ The administrative move has no impact on contract talks with Johnson, who met with the Titans last week but remains a holdout.

THE ASSOCIATED PRESS

Tiger to try something new ahead of Pres. Cup

Tiger Woods will play the Frys.com Open in California the first week of October, his first time competing in the PGA Tour's Fall Series as he tries to get his game ready for the Presidents Cup.

The Frys.com Open is Oct. 6-9 and about 45 minutes south of his alma mater at Stanford.

"I always enjoy competing in my home state, and this tournament fits my schedule perfectly," Woods said yesterday on his website. "I'm looking forward to seeing some old friends."

Woods said a week ago he might add a tournament because of his limited schedule this year brought on by leg injuries. He chose a tournament from the Fall Series that he has never played. THE ASSOCIATED PRESS

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EAST DIVISION

	W	L	Pct	GB
Boston	82	51	.617	—
New York	80	52	.606	1½
Tampa Bay	73	59	.553	8½
Toronto	66	67	.496	16
Baltimore	53	79	.402	28½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	73	60	.549	—
Chicago	66	65	.504	6
Cleveland	66	65	.504	6
Minnesota	56	77	.421	17
Kansas City	55	79	.410	18½

WEST DIVISION

	W	L	Pct	GB
Texas	76	59	.563	—
Los Angeles	72	61	.541	3
Oakland	60	74	.448	15½
Seattle	56	76	.424	18½

Last night's results

Kansas City at Detroit

N.Y. Yankees 3, Baltimore 2

Cleveland 2, Oakland 1

Tampa Bay at Toronto

Minnesota at Chicago White Sox

L.A. Angels at Seattle

Sunday's results

Kansas City 2, Cleveland 1

Tampa Bay 12, Toronto 0

Baltimore 2, N.Y. Yankees 0, 1st game

Oakland at Boston, ppd., hurricane threat

Minnesota 11, Detroit 4

Chicago White Sox 9, Seattle 3

N.Y. Yankees 8, Baltimore 3, 2nd game

Texas 9, L.A. Angels 5

Tonight's games

Kansas City (Francis 5-14) at Detroit (Fister 6-13), 7:05 p.m.

Oakland (Cahill 9-12) at Cleveland (J.Gomez 0-2), 7:05 p.m.

Toronto (Cecil 4-7) at Baltimore (Guthrie 6-16), 7:05 p.m.

N.Y. Yankees (Sabathia 17-7) at Boston (Lackey 12-9), 7:10 p.m.

Tampa Bay (Hellickson 11-9) at Texas (Feldman 0-0), 8:05 p.m.

Minnesota (Swarzak 3-4) at Chicago White Sox (Z.Stewart 1-3), 8:10 p.m.

L.A. Angels (J.Williams 1-0) at Seattle (A.Vasquez 1-0), 10:10 p.m.

Wednesday's Games

Kansas City at Detroit, 1:05 p.m.

Minnesota at Chicago White Sox, 2:10 p.m.

Oakland at Cleveland, 7:05 p.m.

Toronto at Baltimore, 7:05 p.m.

N.Y. Yankees at Boston, 7:10 p.m.

Tampa Bay at Texas, 8:05 p.m.

L.A. Angels at Seattle, 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	84	46	.646	—
Atlanta	79	54	.594	6½
New York	63	68	.481	21½
Washington	62	70	.470	23
Florida	59	73	.447	26

CENTRAL DIVISION

	W	L	Pct	GB
Milwaukee	81	54	.600	—
St. Louis	70	64	.522	10½
Cincinnati	67	67	.500	13½
Pittsburgh	62	71	.466	18
Chicago	57	77	.425	23½
Houston	44	90	.328	36½

WEST DIVISION

	W	L	Pct	GB
Arizona	75	59	.560	—
San Francisco	71	63	.530	4
Colorado	64	70	.478	11
Los Angeles	62	70	.470	12
San Diego	60	74	.448	15

Yesterday's results

N.Y. Mets 2, Florida 1, 1st game

Philadelphia 3, Cincinnati 2

Florida at N.Y. Mets

Pittsburgh at Houston

Colorado at Arizona

San Diego at L.A. Dodgers

Chicago Cubs at San Francisco

Sunday's results

Cincinnati 5, Washington 4, 14 innings

Atlanta at New York, ppd., hurricane threat

Florida at Philadelphia, ppd., hurricane threat

Milwaukee 3, Chicago Cubs 2

St. Louis 7, Pittsburgh 4

Houston 4, San Francisco 3, 11 innings

Colorado 7, L.A. Dodgers 6

Arizona 6, San Diego 1

Tonight's games

Florida (Vazquez 7-11) at N.Y. Mets (Pelfrey 7-10), 7:10 p.m.

Philadelphia (Halladay 15-5) at Cincinnati (Arroyo 8-10), 7:10 p.m.

Washington (L.Hernandez 7-12) at Atlanta (Jurrjens 13-5), 7:10 p.m.

Pittsburgh (Morton 9-7) at Houston (Sosa 1-2), 8:05 p.m.

St. Louis (E.Jackson 3-2) at Milwaukee (Marcum 11-4), 8:10 p.m.

Colorado (A.Cook 3-7) at Arizona (Miley 1-1), 9:40 p.m.

San Diego (Stauffer 8-10) at L.A. Dodgers (Kuroda 10-14), 10:10 p.m.

Chicago Cubs (Garza 6-10) at San Francisco (Vogelsong 10-4), 10:15 p.m.

Tomorrow's games

San Diego at L.A. Dodgers, 3:10 p.m.

Chicago Cubs at San Francisco, 3:45 p.m.

Florida at N.Y. Mets, 7:10 p.m.

Philadelphia at Cincinnati, 7:10 p.m.

Washington at Atlanta, 7:10 p.m.

Pittsburgh at Houston, 8:05 p.m.

St. Louis at Milwaukee, 8:10 p.m.

Colorado at Arizona, 9:40 p.m.

SUNDAY

RAYS 12, BLUE JAYS 0

Tampa Bay	ab	r	h	bi	Toronto	ab	r	h	bi
Jnnngs lf	5	3	4	3	McCoy cf	1	0	0	0
Damon dh	6	0	1	0	YEscor ss	4	0	1	0
Longori 3b	4	0	1	1	Bautist rf	4	0	0	0
Zobrist 2b	5	2	1	1	Encrnc 1b	3	0	1	0
Ktchm 1b	2	1	0	0	Teahen ph-1b	1	0	0	0
BUpton cf	4	1	1	0	KJhnsn 2b	4	0	0	0
Joyce rf	6	1	3	2	Lawrie 3b	4	0	2	0
Jaso c	6	2	2	2	JMolin dh	4	0	1	0
SRdrgz ss	3	2	1	2	EThms lf	4	0	0	0
Arencii c	3	0	0	0					
Totals	**41**	**12**	**14**	**11**	**Totals**	**32**	**0**	**5**	**0**
Tampa Bay					**140**	**000**	**106**	**12**	
Toronto					**000**	**000**	**000**	**0**	

E—K.Johnson (1), Bautista (8). LOB—Tampa Bay 14, Toronto 8. 2B—Joyce 2 (27), Jaso (13). 3B—Jaso (1). HR—Jennings 2 (8), S.Rodriguez (6). SB—Jennings (14), B.Upton (27), McCoy (6). SF—Longoria.

	IP	H	R	ER	BB	SO
Tampa Bay						
Price W,12-11	7	3	0	0	2	14
B.Gomes	1 1-3	1	0	0	1	2
C.Ramos	2-3	1	0	0	0	2
Toronto						
Morrow L,9-9	5 1-3	6	5	5	3	5
R.Lewis	1 2-3	2	1	0	1	1
Carreno	1	1	0	0	2	1
Ledezma	1	5	6	6	3	0

HBP—by R.Lewis (Kotchman), by Morrow (Kotchman). WP—Morrow.

Umpires—Home, Jeff Nelson; First, Marty Foster; Second, Bill Welke; Third, Tim Tschida. T—3:16. A—21,618 (49,260).

BLUE JAYS STATISTICS

BATTERS	AB	R	H	HR	RBI	AVG
Lawrie	77	12	26	5	14	.338
Bautista	417	93	130	37	83	.312
Molina	139	18	41	2	11	.295
Escobar	475	70	134	11	44	.282
Encarnacion	392	60	108	14	42	.276
Thames	252	39	67	9	28	.266
Lind	417	49	107	22	73	.257
Davis	320	44	76	1	29	.238
McCoy	94	12	21	1	5	.223
Rasmus	88	11	19	3	12	.216
Arencibia	359	39	76	20	62	.212
Teahen	136	12	25	4	12	.184
Johnson	13	1	2	0	0	.154
Wise	4	0	0	0	0	.000

PITCHERS	W	L	SV	IP	SO	ERA
McCoy	0	0	0	1.0	0	0.00
Carreno	0	0	0	6.1	5	1.42
Janssen	4	0	2	43.1	43	2.08
Romero	12	9	0	181.0	150	2.78
Perez	3	2	0	54.2	45	3.29
Francisco	1	4	11	39.2	42	3.86
Lewis	0	0	0	2.1	1	3.86
Villanueva	6	3	0	97.2	63	4.24
Cecil	4	7	0	97.2	67	4.42
Rauch	5	4	11	50.1	35	4.47
Litsch	5	3	1	62.1	54	4.48
Alvarez	0	2	0	22.2	16	4.76
Morrow	9	9	0	142.2	164	4.79
Camp	1	3	1	55.2	26	4.85

Not including last night's game

SOCCER

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EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Columbus	26	11	8	7	31	30	40
Kansas City	26	9	8	9	38	34	36
Houston	27	8	8	11	34	33	35
Philadelphia	24	8	6	10	30	24	34
New York	26	6	6	14	41	37	32
D.C. United	24	7	7	10	34	35	31
Chicago	26	4	7	15	30	33	27
Toronto	28	4	12	12	26	49	24
New England	26	4	11	11	26	39	23

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	26	14	3	9	37	20	51
Seattle	27	13	5	9	42	29	48
Dallas	27	13	7	7	36	29	46
Colorado	28	10	7	11	39	36	41
Real Salt Lake	24	11	7	6	33	20	39
Portland	26	9	12	5	33	41	32
Chivas USA	27	7	10	10	32	30	31
San Jose	26	5	10	11	27	35	26
Vancouver	26	4	13	9	27	42	21

Note: Three points for a win, one for a tie.

Saturday, Sept. 3

Philadelphia at Real Salt Lake, 9 p.m.

Monday, Sept. 5

Los Angeles at Kansas City, 6 p.m.

Wednesday, Sept. 7

New England at Philadelphia, 8 p.m.

Friday, Sept. 9

Colorado at Los Angeles, 11 p.m.

Saturday, Sept. 10

Real Salt Lake at Seattle, 4 p.m.

Houston at Kansas City, 4 p.m.

FC Dallas at New England, 7:30 p.m.

Toronto at Columbus, 7:30 p.m.

Vancouver at New York, 7:30 p.m.

Portland at Philadelphia, 7:30 p.m.

Chicago at San Jose, 10:30 p.m.

D.C. United at Chivas USA, 10:30 p.m.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Winnipeg	8	7	1	0	212	157	14
Montreal	8	5	3	0	253	193	10
Hamilton	8	4	4	0	216	206	8
Toronto	8	2	6	0	184	233	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Calgary	8	6	2	0	232	203	12
Edmonton	8	5	3	0	174	190	10
B.C.	8	2	6	0	203	203	4
Saskatchewan	8	1	7	0	165	253	2

Week Nine

Byes: B.C., Edmonton, Saskatchewan, Toronto

Saturday Result

Calgary 38 Montreal 31

Friday Result

Winnipeg 30 Hamilton 27

Week 10

Friday, Sept. 2

B.C. at Toronto, 7:30 p.m.

Sunday, Sept. 4

Winnipeg at Saskatchewan, 4 p.m.

Monday, Sept. 5

Montreal at Hamilton, 1 p.m.

Edmonton at Calgary, 4:30 p.m.

NFL

PRE-SEASON

Last night's result

N.Y. Jets at N.Y. Giants

Sunday's result

New Orleans 40 Oakland 26

TENNIS

U.S. OPEN

At NEW YORK

(seedings in parentheses):

Men

Singles

First Round

Mardy Fish (8), U.S., def. Tobias Kamke, Germany, 6-2, 6-2, 6-1.

Tomas Berdych (9), Czech Republic, def. Romain Jouan, France, 6-2, 7-6 (4), 6-1.

Richard Gasquet (13), France, def. Sergiy Stakhovsky, Ukraine, 6-4, 6-4, 6-0.

Janko Tipsarevic (20), Serbia, def. Augustin Gensse, France, 6-2, 7-5, 6-0.

Alexandr Dolgopolov (22), Ukraine, def. Frederico Gil, Portugal, 6-4, 6-2, 7-5.

Radek Stepanek (23), Czech Republic, def. Philipp Kohlschreiber, Germany, 6-4, 6-1, 6-3.

Marin Cilic (27), Croatia, def. Ryan Harrison, U.S., 6-2, 7-5, 7-6 (6).

Michael Llodra (29), France, def. Victor Hanescu, Romania, 6-2, 4-6, 4-6, 6-3, 6-2.

Marcel Granollers (31), Spain, def. Xavier Malisse, Belgium, 6-4, 6-4, 6-4.

Flavio Cipolla, Italy, def. Kei Nishikori, Japan, 6-4, 6-2 (retired).

Fabio Fognini, Italy, def. Horacio Zeballos, Argentina, 5-7, 6-4, 7-6 (5), 6-4.

Bernard Tomic, Australia, def. Michael Yani, U.S., 6-3, 6-4, 6-4.

Juan Monaco, Argentina, def. Andreas Seppi, Italy, 7-6 (1), 6-2, 6-2.

Philipp Petzschner, Germany, def. Albert Ramos, Spain, 7-5, 6-7 (2), 6-3, 6-7 (5), 6-3.

Mikhail Kukushkin, Kazakhstan, def. Albert Montanes, Spain, 7-5, 6-2, 3-6, 7-6 (5).

Ivo Karlovic, Croatia, def. Fernando Gonzalez, Chile, 6-4, 6-4, 7-6 (3).

Kevin Anderson, South Africa, def. Go Soeda, Japan, 6-1, 6-3, 6-0.

Malek Jaziri, Tunisia, def. Thiemo de Bakker, Netherlands, 4-6, 6-1, 6-4, 6-2.

Tommy Haas, Germany, def. Jonathan Dasnieres de Veigy, France, 6-3, 6-4, 6-7 (5), 6-1.

Women

Singles

First Round

Vera Zvonareva (2), Russia, def. Stephanie Foretz Gacon, France, 6-3, 6-0.

Maria Sharapova (3), Russia, def. Heather Watson, Britain, 3-6, 7-5, 6-3.

Alexandra Dulgheru, Romania, def. Petra Kvitova (5), Czech Republic, 7-6 (3), 6-3.

Marion Bartoli (8), France, def. Alexandra Panova, Russia, 7-5, 6-3.

Peng Shuai (13), China, def. Varvara Lepchenko, U.S., 6-3, 6-4.

Dominika Cibulkova (14), Slovakia, def. Zhang Shuai, China, 6-3, 6-4.

Julia Goerges (19), Germany, def. Kristina Barrois, Germany, 6-3, 6-2.

Maria Kirilenko (25), Russia, def. Ekaterina Makarova, Russia, 4-6, 6-1, 7-6 (3).

Anabel Medina Garrigues (30), Spain, def. Karin Knapp, Italy, 6-7 (4), 6-4, 6-3.

Lucie Safarova (27), Czech Republic, def. Magdalena Rybarikova, Slovakia, 2-6, 6-3, 6-2.

Monica Niculescu, Romania, def. Patricia Mayr-Achleitner, Austria, 6-3, 6-3.

Laura Pous-Tio, Spain, def. Misaki Doi, Japan, 6-2, 6-7 (12), 5-2 (retired).

Laura Robson, Britain, def. Ayumi Morita, Japan, 7-6 (5), 1-0 (retired).

Madison Keys, U.S., def. Jill Craybas, U.S., 6-2, 6-4.

Kateryna Bondarenko, Ukraine, def. Lucie Hradecka, Czech Republic, 6-3, 6-0.

Tsvetana Pironkova, Bulgaria, def. Virginie Razzano, France, 6-2, 6-3.

Irina Falconi, U.S., def. Klara Zakopalova, Czech Republic, 3-6, 6-4, 6-2.

TRANSACTIONS

BASEBALL

AMERICAN LEAGUE

NEW YORK YANKEES—Activated RHP Freddy Garcia from the 15-day DL. Optioned RHP Hector Noesi to Scranton/Wilkes-Barre (IL).

OAKLAND ATHLETICS—Optioned RHP Graham Godfrey to Sacramento (PCL).

TORONTO BLUE JAYS—Activated LHP Brian Tallet from the 15-day DL.

NATIONAL LEAGUE

PHILADELPHIA PHILLIES—Activated LHP Cole Hamels from the 15-day DL.

BASKETBALL

NBA

NEW YORK KNICKS—Named Mike Woodson assistant coach.

FOOTBALL

NFL

ARIZONA CARDINALS—Waived-injured WR Max Komar and S Tommy Irvin (ankle). Released FB Charles Ali, WR Daivieun Curry-Chapman, LB Curtis Gatewood, LB Duke Lemmens, OT Erik Mensik and OT Jason Speredon.

CHICAGO BEARS—Waived LB Tanner Antle, C J.C. Brignone, DE Vernon Gholston, DT Tank Tyler and QB Trevor Vittatoe.

CINCINNATI BENGALS—Waived/Injured DT Lolomana Mikaele.

DALLAS COWBOYS—Released C Andre Gurode and WR Curtis Clay.

DENVER BRONCOS—Released CB Nate Jones, RB C.J. Gable, LB Braxton Kelley, LB Deron Mayo, G Shawn Murphy, OT Curt Porter and DE David Veikune.

INDIANAPOLIS COLTS—Activated QB Peyton Manning from the physically unable to perform list. Signed DB Michael Hamlin. Placed DB Cornelius Brown on waived-injured list.

JACKSONVILLE JAGUARS—Released QB Todd Bouman, LB Gerris Wilkinson and WR Greg Ellingson.

KANSAS CITY CHIEFS—Waived LB Eric Bakhtiari, RB Tervaris Johnson, DB Javes Lewis, WR Chris Manno, WR Josue Paul, DB Mario Russell and WR Chandler Williams.

MINNESOTA VIKINGS—Waived QB Rhett Bomar, DB Chris Adingupu, DB Simeon Castille, OL Conan Amituanai, TE Ed Barham, K Nate Whitaker, LB Jonathan Gilmore, WR Andre Holmes, LB Kyle O'Donnell and DT Colby Whitlock.

NEW ENGLAND PATRIOTS—Signed WR Tiquan Underwood and S Ross Ventrone. Released LS Matt Katula, TE Garrett Mills, S James Sanders, CB Jonathan Wilhite, DL Kade Weston, WR Tyree Barnes, WR Darnell Jenkins, DB Malcolm Williams, K Chris Koepplin, DE Clay Nurse and OL Mark Wetterer.

SEATTLE SEAHAWKS—Traded CB Kelly Jennings to Cincinnati for DT Clinton McDonald. Released WR Chris Carter, CB Jesse Hoffman, LB Neal Howey, G Zach Hurd, WR Brandon Smith, FB Ryan Travis, DT Teryl White and WR Patrick Williams.

TAMPA BAY BUCCANEERS—Released CB Ashton Youboty, WR Aundrae Allison, CB Vince Anderson, TE Collin Franklin, DE Brandon Gilbeaux, WR Detron Lewis, P Robert Malone, WR Jock Sanders, FB Rendrick Taylor. Waived/Injured G Brandon Carter.

TENNESSEE TITANS—Placed RB Chris Johnson on the reserve/did not report list. Released DT Jovan Haye, LB Jonathan Cornell, P Chad Cunningham, FB Patrick Hills, LB Kevin Malast, QB Brett Ratliff, S Nick Schommer, WR Owen Spencer and LS John Stokes.

HOCKEY

NHL

PHOENIX COYOTES—Acquired C Daymond Langkow from Calgary for RW Lee Stempniak.

ECHL

IDAHO STEELHEADS—Agreed to terms with F Kyle Reed and F Greg Beller.

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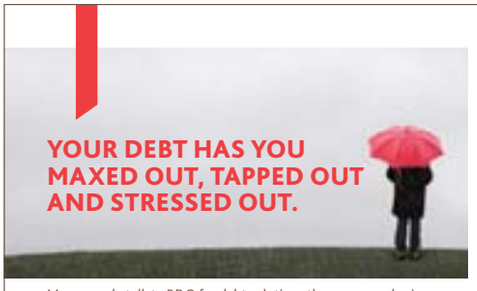

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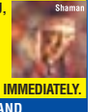

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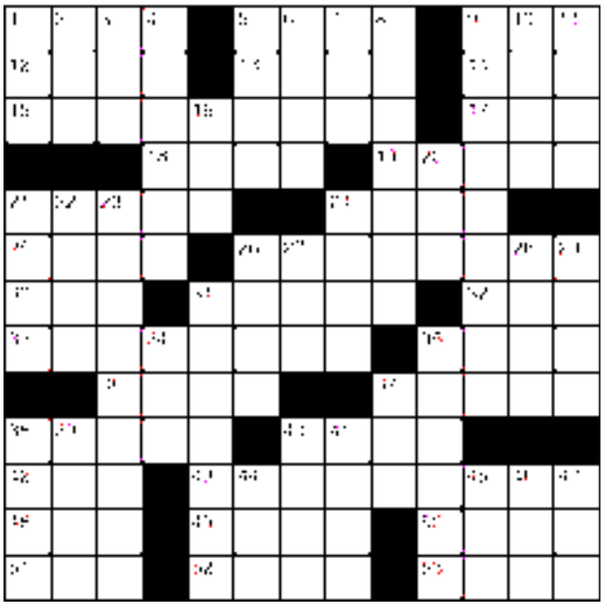
Crossword



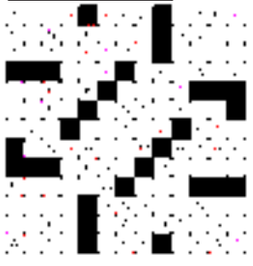
Across

1 Times in history
5 Mob boss
9 Bruce Wayne's inspiration
12 Run (into)
13 Shakespeare's river
14 Whopper
15 Hit laterally
17 Greek mountain
18 Conked out
19 De Mille of dance
21 Mislays
24 Age (Sp.)
25 Parisian pals
26 Thick syrup
30 Angry
31 100%
32 Call — day
33 Building and its grounds
35 June 6, 1944
36 Hog call
37 Rinds
38 Garbage transport
40 Notion
42 Antiquated
43 Deflect
48 Pirouette pivot
49 Store transaction
50 Half a sextet
51 That woman
52 Retired (Abbr.)
53 Milliner's mannequin

Down

1 Recede
2 Play with robots
3 Latin 101 word
4 Popular card game
5 Beer order
6 Enthusiastic
7 Pea holder
8 Vitamin ration
9 Surprise unpleasantly
10 Staffer
11 Earl Grey's family?
16 Affront (Sl.)
20 Petrol
21 Genie's home
22 Sharif or Epps
23 Fries, often
24 Right angles
26 Cologne ingredient
27 Bullring cheer
28 And others (Abbr.)
29 "Simon —"
31 Adroit maneuvering
34 Soviet fighter plane
35 Lack
37 Favorite
38 This and that
39 Lotion additive
40 Not working
41 Antelope's playmate
44 "— the Walrus"
45 Exist
46 US spy org.
47 Decked, for short

▶ Friday's answer



Sudoku

9		1		4				
			8				3	
	6			7		2		
3		2	7		6	4		
	9						5	
		6	4		9	1		7
		3		6			1	
	4				5			
				2		8		3

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ▶

1	3	4	7	2	6	8	9	5
9	8	5	3	1	4	6	2	7
7	6	2	9	5	8	4	3	1
8	7	3	2	4	1	5	6	9
5	1	6	8	9	7	3	4	2
4	2	9	5	6	3	1	7	8
3	4	8	1	7	2	9	5	6
2	5	1	6	3	9	7	8	4
6	9	7	4	8	5	2	1	3

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FROM YOUR J

26;k
Sweetcheeks! With every heartbeat I think of you, and you going to Ottawa for university does not change that. You're my one and only thrill and the best gift I could ever get out of life. I will always love you and with you by my side and me by yours, I look towards the future with a smile on my face. I love you baby

FROM 09

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Make an effort to sort out problems with loved ones, especially those that involve money and possessions.

♉ Taurus April 21-May 21 Someone in a position of authority will look kindly on you today.

♊ Gemini May 22-June 21 Anything of a creative nature will go well today, but it will go even better if you involve loved ones.

♋ Cancer June 22-July 22 The Someone interesting is about to come into your life. Don't look down and pretend you don't see.

♌ Leo July 23-Aug.23 You may think it's best to go with the flow but is that the right attitude? You were born to make things happen.

♍ Virgo Aug. 24- Sept. 22 It's not like you to be impulsive but you may overreact a bit today.

♎ Libra Sept. 23-Oct. 23 If you are determined to transform your life — and you should be— start making changes immediately.

♏ Scorpio Oct. 24-Nov. 22 Don't be discouraged if something does not work out the way you want it to today.

♐ Sagittarius Nov. 23-Dec. 21 Fix your sights on your most important goals and don't stop until you have reached them.

♑ Capricorn Dec. 22-Jan. 20 Good things will come at you today from all directions. Enjoy each and every one of them.

♒ Aquarius Jan. 21-Feb. 18 Someone you think of as a friend is secretly jealous of your success and plotting against you.

♓ Pisces Feb. 19-March 20. Don't be hasty when you make decisions today. **SALLY BROMPTON**

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